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IDENTIFICATION OF INTERRELATIONAL VIOLENCE IN ENGAGED COUPLES.

BY

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DEPARTMENT OF EDUCATIONAL PSYCHOLOGY.

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THE UNDERSIGNED CERTIFY THEY HAVE READ, AND RECOMMEND TO THE FACULTY OF GRADUATE STUDIES AND RESEARCH FOR ACCEPTANCE, A THESIS ENTITLED IDENTIFICATION OF INTERRELATIONAL VIOLENCE IN ENGAGED COUPLES, SUBMITTED BY CATHERINE DUNN IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE OF MASTER OF EDUCATION IN COUNSELLING PSYCHOLOGY.

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Abstract

The PREPARE profiles of engaged couples who had experienced at least one act of interrelational violence in the past year were compared with the PREPARE profiles of couples who had not experienced any violence during that time. The one hundred couples, who participated in the study, were enrolled in marriage preparation programs under the auspices of the Roman Catholic Archdiocese of Edmonton. Couples were identified as violent according to their responses on the Conflict Tactics Scale. Four groups were identified, a Nonviolent group, a Both Violent group, a Female Only Violent group and a Male Only Violent group. Couples who had experienced interrelational violence had significantly lower scores on several categories including Personality Issues, Communication, Conflict Resolution and Leisure Activities. Patterns of scores were identified, which indicated problematic areas in the relationship of the violent couples. Results established the usefulness of the PREPARE inventory in identifying couples experiencing courtship violence. Implications are that this will present opportunities for intervention with a view to preventing spouse abuse.

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CHAPTER 1

INTRODUCTION

In the last decade or so, two branches of research have focused on the courting, premarital couple. The first branch, the study of courtship violence, has evolved from a proliferation of interdisciplinary research on marital violence. The second branch of research, on marriage preparation, is a response to the escalating divorce rate which has characterized our society in recent years. Included in this latter research is the study and evaluation of relationship inventories used in premarital counselling.

The present study was designed to integrate these two branches of research. Pre-marriage courses for engaged couples are becoming more popular as the necessity for some sort of education or preparation for marriage continues to become more evident. The fact that a marriage license can be obtained without any evidence of the skills required for the challenges to be faced, results in unprepared couples attempting to live out a contract which will probably have a more profound effect on them, their children and subsequently society than any other contract which they might ever sign. Some segments of our society are attempting to assist couples in awareness of the knowledge and skills necessary to successfully relate to one another in a way that goes beyond relying on romantic feelings, or on a repeat of their parents' relationship, however happy or unhappy that may have been. Many churches are insisting

that couples who apply to be married within their congregation participate in some sort of marriage preparation course. The Roman Catholic Archdiocese of Edmonton has mandated as a requisite to being married in the Church, that couples take part in a course being offered at the Diocesan Centre or in one of the Parishes. In some instances couples are referred to Catholic Social Services for premarital counselling. As part of their preparation, couples are invited to complete a relationship inventory. The inventory used is the PREmarital Personal and Relationship Evaluation (PREPARE) Inventory, developed in 1977 and revised in 1979 by Olson, Fournier and Druckman (Fournier, 1979).

Statement of the Problem

Despite the preparation being done in programs like those mentioned above, little has been done to address the problem of courtship violence. The possibility that couples with this problem could complete the required program without being confronted with the seriousness of their situation seems intolerable. On the other hand, it is appropriate that presentations made during such programs should attempt to be both challenging and optimistic and an overemphasis on the unpleasant subject of spouse abuse (or any one particular problem area) might not have the desired overall effect of the course. Also the effectiveness, if any, of such an approach would be difficult to determine.

Therefore an alternative approach, dealing more directly with couples already involved in interrelational violence might produce better results. This study was an attempt to identify such couples through an examination of their relationship profiles obtained from completion of the PREPARE inventory.

Significance of the Problem

An integral part of the PREPARE inventory is the follow up feedback or counselling sessions which each individual couple receives from a trained counsellor. The ability to determine from a couple's PREPARE relationship profile whether or not the likelihood of present interrelational violence exists would assist the counsellor to address this problem with the couple, thereby confronting them with the seriousness of their situation and educating them in ways to deal with this issue.

Overview of Chapters

This chapter has provided a summary of the statement of the research problem and the significance of the study. A review of the literature relevant to the study of courtship violence is presented in Chapter II. After a preliminary general overview, the literature will be organized under the relationship categories used in the PREPARE inventory, in order to give clarity to the rationale of the hypotheses stated. Chapter III provides a detailed description of the

theory and literature related to the PREPARE inventory. Methods, procedures and results are described in Chapter IV. Finally, discussion of the results and implications are presented in Chapter V.

CHAPTER II

COURTSHIP VIOLENCE: A REVIEW OF RELATED LITERATURE

> In the fresh start that marriage offers, those past conflicts that lie dormant in the inner psychic depths, are incited to rise once more in the hope that they can be put to rest once and for all. The destructive potential is there. These characterological resolutions leave the individual sensitive to renewed threats of loss, as marriage fails to fulfil hopes. Anger soon becomes dysfunctional and a downward spiral results with increasing fears of loss and renewed attempts at control which finally include violence (Makman, 1977).

The History of Violence

Violence has been universally evident throughout the history of human evolution. It has characterized personal quarrels, family feuds and tribal battles as well as more structured wars. This present age has witnessed wars on a much larger scale than have previous generations, and involving technology threatening to the very survival of humankind. At the same time, human international consciousness has been raised and a consensual disapproval of unnecessary or unjustified violence attained. Slavery,

torture and racism, though hardly extinct, are condemned universally. Public attitudes have lead to the establishment of orderly methods of addressing grievances and this has resulted in a wide reduction in societal violence. In spite of this disapproval, violence has remained an integral part of the human situation, and in particular, a new awareness and concern about family or domestic violence now exists. This awareness has shattered the myth of the family as the sacred haven for all. Evidence that violent acts take place between dating couples and engaged couples has further eroded the fairytale ideas promoted by society with regard to romance and marriage.

Causes of Violence

Several theories have been proposed to explain the existence of violence in our society, within families and in interpersonal relationships. Among these are theories which deal with biological causes, chemical causes, biochemical imbalances, neurological and neurobiological conditions. These include temporal lobe epilepsy, disorders of the limbic system and the neocortex as well as damage to the brain as a result of injury or lack of oxygen, (Monroe, 1978; Roy, 1982). Psychiatric disorders such as paranoid states and schizophrenia, manic depressive psychosis and personality disorders are also considered to result in outbursts of violence (Freedman, Kaplan & Sadock, 1979; Elliot, 1978).

Environmental factors have also been cited as causes of violent behaviour. These include chemical factors such as toxic levels of lead, copper or zinc (Roy, 1982). Roy also found that social environment issues have contributed to the fostering and condoning of violence. Particularly, he mentioned changes in social values and breakdown of stability (1982). Stresses produced by increased unemployment, financial discrepancies as well as changing expectations in society's structural system can lead to violent acts (Gelles, 1979; Farrington, 1980; Straus, Gelles and Steinmetz, 1981). Straus commented that research into structural explanations of family violence indicated limitations in the "individual pathology" approach. According to him, the occurrence of physical violence reflected standard features and patterns of family organization found everywhere in American society in the seventies (1974). Society placed expectations on the family which required it to restore the emotional balance of its members when outside events have disturbed them. Conforming to this role lead many families to tolerate the violence of its members (Gil, 1977). These explanations of contributory factors leading to violence have not been contradicted in present day literature.

Numerous studies have looked to psychosociological explanations in attempts to understand violence in interpersonal relationships as well as reasons for the victim remaining in the relationship. A brief overview of

some of these theories now follows.

Walker's Theory of the Cycle of Violence

In her book entitled "The Battered Woman", Lenore Walker described a repetitive three-stage cycle of violence characteristic of the dynamics of domestic violence. The first stage of the theory is called the "Tension Building Stage", during which minor battering takes place. The woman tends to deny what is happening and to excuse the husband. This stage eventually leads to the "Explosion Stage", when the battering, usually triggered by some external event, becomes acute and severe. This is often the time when the wife lands in hospital or seeks refuge in a shelter, or calls the police. This stage is very quickly followed by the "Calm, Loving Respite Stage" (p65), often referred to as the "Honeymoon Stage". The husband, motivated by remorse, now behaves in an extremely kind, loving, helpful manner towards his wife. He may shower her with attention and gifts and most of all with promises that he will never beat her again. During this stage the wife chooses to believe that the behaviour she sees signifies "what her man is really like" (p68), and so she "gets hooked" into the repeated pattern (1979).

Learned Helplessness Theory

Walker also cited the social learning of "learned helplessness" (Seligman and Maier, 1968), to explain "how

the process of victimization is perpetuated to the point of psychological paralysis" (p46). Women often perceive themselves as having no control over their environment, even when, in reality, there are options which would free them from the violent situation. This can be a result of learning from previous experiences when efforts to help themselves have resulted ultimately in further battering. Isolation from friends and family can be an important factor in increasing this belief (1979). Benjamin Schlesinger stated that battered wives often do not make their plight known to relatives, friends or authorities due to the fear of stigma or family dissolution, especially where children are involved. Feelings of futility, shame and hopelessness may also contribute to their silence (1980).

Attribution Theory

Abramson, Seligman and Teasdale (1978), concluded that, the phenomenon of learned helplessness in humans is dependent upon some form of attributional logic. This logic follows the perception of uncontrollable outcomes. In the case of the battered wife this means that once she has perceived herself as being unable to control the violent situation, she will internalize the blame for the battering. She may believe that if she were a better wife her husband would not beat her. The husband, on the other hand, externalizes the blame, indicting everything and everyone, especially the wife as the reason for the violence (Frieze,

Bar-Tel & Carroll, 1979).

Role Theory

Role theory has been used by many feminist authors to explain the battered wife phenomenon as being one result of the patriarchical structure of our society with its stereotypical sex roles. Some research has shown that the woman tends to be from a strict traditional background, very submissive and believing that marriage breakup would constitute a failure on her part (Dobash and Dobash 1974; Martin, 1976; Straus, 1976a & 1980; Davidson, 1978). Other research points to the fact that many of the women who are battered have liberated views and that the violence is a response from husbands who are invariably very rigid and traditional in their views (Brown, 1980). Such women are refusing to be treated as a piece of property. They are "no longer putting make-up over their bruises. They're leaving and they're talking" (Schlesinger, 1980).

Traumatic Bonding Theory

Traumatic Bonding (Painter & Dutton, 1985), suggests that because of the extensive emotional energy that she has invested in the relationship the women finds it very difficult to leave, despite the violence. Also the unpredictable reinforcement which she experiences in the "Honeymoon Stage" of Walker's cycle of violence, entices the woman to be unrealistically optimistic about change. The

husband is ambivalently dependent on his wife, simultaneously desiring and fearing intense fusion with her. He avoids his own feelings of dependence by devaluing his wife. Often he will panic when his wife leaves or talks about leaving (Coleman, 1980). His need for her is so strong that he has trouble differentiating her as being separate from himself and so fails to recognize that she has thoughts, emotions and motivations independent of his (Waldo, 1987).

Systems Theory

Systems theory deals with the interdependence of group or family members in a network of interactions. The theory assumes that violence becomes an integral part of the couple or family system when it first begins and is minor, that is, during the first stage of Walker's Cycle. At this point the victim "accepts" the violence by default, that is, her reaction is not strong enough, nor does she take any action (for example calling the police) which would ensure that it would not occur again. The pattern is thus established in which the husband batters and the wife accepts, and this pattern becomes part of this family's balanced "system". Unless something critical happens, in terms of strong deliberate action by the wife to upset the balance, the violence will continue (Straus, 1973; Giles-Sims, 1983).

Social Learning Theory

Based on Bandura's Social Learning Theory (1973), many studies have shown that a violent family of origin is an important factor in the occurrence of interrelational violence. Albert Roberts summarized research findings in his statement that "the beatings observed and experienced during childhood provide the early socialization which lead abusers, as adults, to re-enact violent behaviour" (1987). In this way men have learned that violence is a viable way of controlling another's behaviour and is "acceptable" when all else fails.

The woman's family of origin was also thought to be a factor causing her acceptance of violence in her marital relationship (Gelles, 1976). However according to Rosenbaum and O'Leary (1981) it is not the majority of battered wives who have come from violent homes.

Ecologically Nested Theory

This recently proposed theory by Dutton (1985), suggests that violence is determined by a variety of forces present in the individual, family, community, culture and species. These factors are dependent or "nested" in one another in such a way that one factor operates within the limits set by the other factors. In proposing this theory, Dutton analyzed a broad range of theories which attempt to explain violence at different levels of the human condition. At the broadest level are existential and sociobiological

theories which purport to account for behavioral tendencies in the entire species. Nested in those conditions, would be tendencies to violence or violent behaviours explained by macro-cultural theories. Fitting into the macro-cultural systems are ecosystem factors, which Dutton identifies as playing a role in the abuse process, namely work world and the neighbourhood. Finally nested in those realities would be the individual's microsystem, pertaining to psychological reasons which might motivate spouse abuse. This last theory seems to have merit in the comprehensiveness of its approach.

Prediction of Violence

The above psychosociological theories have attempted to explain the existence and the continuation of domestic violence but have done little to help predict violence in marriage. Significant research on spouse abuse followed the founding of the first shelter for battered women in England in 1971. Researchers were primarily concerned with the circumstances and the characteristics of the battered wife and with hypotheses about the profile of the batterer (Dobash & Dobash, 1979; Hofeller, 1983; Walker, 1979). This research lead to a consensus that violence in the male's family of origin was the strongest predictor of spouse abuse (Roberts, 1987; Lewis, 1987; Rosenbaum & O'Leary, 1981; Straus, 1979; Straus, Gelles & Steinmeitz, 1980).

Generally speaking, however, the best predictor of

violence in the future behaviour of an individual is the occurrence of violence in past behaviour (Jenkins & Gowdey, 1981). A major breakthrough, with important implications for violence prediction was made in 1981 by Makepeace. He discovered that a substantial number of dating couples engage in interrelational violence. He called this "courtship violence" and referred to it as the potential mediating link between violent family background and spouse abuse (1981). Other researchers confirmed the high prevalence of courtship violence and found that it is positively correlated with the couple's level of committed involvement. More than half of the premarital couples in one study, remained together after violence had occurred (Cate, Henton, Koval, Christopher & Lloyd, 1982). A study by Arias & O'Leary, cited by Samios, Arias & O'Leary, indicated that among couples assessed within a month prior to marriage, 30% of females and 35% of the males reported being victims of some form of physical violence on at least one occasion during the previous year (1985).

Not only does this violence continue in marriage, but there is a remarkable similarity between courtship and marital violence. Behaviour patterns and expectations developed before marriage tend to carry over and become the foundations for violent marital relationships (Laner, 1983; Roscoe & Benaske, 1985). In the Roscoe and Benaske study 51% of the 82 battered women had been physically abused during courtship and 30% eventually married someone who had

abused them during courtship. Forms and frequency of courtship violence were found to be highly concordant with those in marriage (1985). Thus it would appear that as the premarital period is one in which couples are socialized into many aspects of marriage, it is also the period when many are socialized into spousal violence (Makepeace, 1981). Despite this observation made by Makepeace, little has been done to investigate the possibility of the inclusion of preventative intervention with couples preparing for marriage. Today many engaged couples are required to participate in marriage preparation courses if they wish to be married within a Church community. Research findings by Norem and Olson (1983) indicated that couples in premarital relationships are in a state of disequilibrium as they have yet to establish a homeostatic system with stable patterns. These authors cited Puryear (1980) to support their suggestion that the premarital phase is an optimal time for the type of intervention that will allow the couple to explore and experiment, with a view to finding an effective relationship style. This is the premise underlying the use of intervention strategies such as the Prepare-Enrich inventory developed by Olson, Fournier and Druckman (Fournier, 1979). This inventory is designed to assist couples to realistically perceive their relationship. In the development of Prepare, certain categories or areas were found to be most relevant in the assessment of relationship strengths and weaknesses (Fournier, 1979). A detailed

description of the categories as well as the Prepare Inventory is given in Chapter III. However as this study was designed to examine the utility of Prepare to identify couples whose relationship includes violence, it is expedient that the remaining literature on courtship violence be organized under the headings or categories used in the inventory.

Idealism

Henton, Cate, Koval, Lloyd and Scott believe that in order for couples to continue in a violent relationship, some element of idealization must be operating which disregards or greatly minimizes the violence (1983). This distortion of reality may be reflected in a strong denial which is typical of batterers, as well as in the tendency of those involved in violent relationships to depict themselves favourably, and others negatively (Makepeace, 1981). Some couples in such a relationship interpreted abusive behaviour as meaning "love", and few believed that the violent acts signified "hate" (Henton et al. 1983). Indeed, both aggressors and victims expressed a high feeling of romantic love and commitment to one another (Samios, Arias & O'Leary, 1985). Cossitt (1981) found that a high degree of idealism was present in the relationship of most engaged couples. He concluded that even with premarital counselling it was very difficult to change the idealism of the couples (1981). It is possible then that a high degree of idealism is common to

all engaged couples and might not be significantly stronger in violent couples.

Personality Traits

Traits such as anger, jealousy and alcoholism were frequently cited by abused wives and female dating partners as the main causes of violence in their relationships (Roscoe & Benaske, 1985). For example, alcohol has long been associated with violence (Renvoize, 1978). However, according to Gelles (1980), the focus of alcohol's close relationship with violence has changed over time. Gelles cites earlier writers such as Guttmacher (1960) and Wolfgang (1958) who emphasized the chemical effects of alcohol on the human brain and the resulting release of aggression and violence (1980). This view has given way to the social psychological perspective which suggests that alcohol plays a prominent role in violent outbursts because it precipitates conflict over issues which are already fundamental sources of disagreement, including drinking itself (Monroe, 1978). Even more interesting is the theory that alcohol is a means of "deviance disavowal". Rather than describing alcohol as a causal agent in violent situations, Gelles discovered that by blaming alcohol, both aggressors and victims allowed themselves to admit that violence had occurred, while at the same time maintaining the "normalcy" of the family or relationship (1974). Some individuals may even drink in order to provide an excuse for

becoming violent (Gelles, 1974; Straus, 1979).

Men were inclined to identify the following as causes of interrelational violence: jealousy, provocation, antagonism, "being goaded on", irritation, verbal annoyance, "bad mood" and losing control (Roscoe & Benaske, 1985).

Not surprisingly, despite the strong romantic feelings mentioned earlier, both women and men, whether perpetrators or victims, felt less positively toward their partners and had lower liking or respect for them than did women and men in non-violent relationships (Samios, Arias & O'Leary, 1985).

Communication Skills and Conflict Resolution

In the view of Henton et al, communication skills and conflict resolution skills are integral aspects of the courting or marital relationship. Important in positive communication is the ability to express differences and negotiate conflict effectively (1983). Nonverbal communication can figure prominently. Pearce and Cronin found that interpersonal rule systems which they described as structurally deficient, made communications problematic (1980). In some relationships, violence may have been accepted as a legitimate conflict tactic from the earliest levels of commitment and therefore remained as the commitment strengthened (Billingham, 1987). Harris (1980) described paradoxical logic in couples' communications. In violent couples she found that the aggressor was perceived

as powerless and as having no alternative but violence. She also described a scenario similar to Walker's Theory of Violence (1979) in which tension in the relationship was actually reduced by conflict and violence. This created a renewal of commitment to the relationship and perpetration of the tension - conflict - commitment cycle.

Family and Friends (Social Support Theory

The relevance of social support theory to courtship violence was cited by DeKeserdy (1988). His findings were that men who turned to their male peers for help in dealing with certain types of stress, could be influenced, by those peers, to abuse their girlfriends, as a means of dealing with the problems. Social support can also motivate men to mistreat these women, regardless of stress (1988). Friends who accept or engage in aggressive behaviours can also adversely influence individuals to tolerate, or engage in such behaviours themselves. The tendency in males to be aggressive with their partners was associated positively with the frequency of sexually aggressive behaviours in the male peer group.

For females, the influence of peer group was even stronger. Women who belonged to a peer group which endured sexual aggression showed higher rates of sustaining abuse and violence than those without such a peer group (Gwartney-Gibbs, Stockard & Bohmer, 1987).

Other research claims that isolation from family and

friends and lack of social activities can be a factor in courtship violence as well as in marital and family abuse. Such isolation leads to a low probability of social controls operating in private settings and provides an environment conducive to violence (Laner, 1983; Makepeace, 1981; Flynn, 1987). Family privacy, normative kinship and household structure insulate the family from both social controls and assistance in coping with intrafamily conflict. This is most typical of conjugal family systems or nuclear families in urban industrial societies (Laslett, 1973).

Given the similarity between marital and courtship violence as noted by Roscoe and Benaske, it is reasonable to expect that relationships with future in-laws may be a factor in courtship violence. When a group of married couples were asked to indicate factors which they believed contributed to violence, many indicated that a conflictual relationship with in-laws was salient (1985).

Equalitarian Roles

In cultures where male dominance is strong, battering is likely to exist (Renvoize, 1978). The sexist organization of society and its family system is a major and fundamental factor accounting for the high level of wife-beating (Dobash and Dobash, 1974; Martin, 1976; Straus, 1976a and 1980; Davidson, 1978). Historically, according to Straus (1980), the male dominated power structure of family and society permitted and sometimes even encouraged husbands

to abuse their wives. Sex role socialization teaches boys to be physically dominant and girls to be submissive. This pattern has continued despite efforts of Women's movements in the 1970s. The sexist organization of family, or relationship, into male domination and female submissiveness, leads to a high potential for conflict. This is especially so when that structure is threatened. Dominant males feel threatened easily and submissive wives are continually frustrated (Brown, 1980).

Research is consistent in finding that the abusive male is excessively concerned with his masculinity and with maintaining a strong masculine identity (Bernard & Bernard, 1985). The abused woman has been described as submissive, and endorsing those characteristics defined as "feminine" in society (Roy, 1977; Walker, 1979). However, other researchers argue that violent confrontations are more likely to take place in relationships in which women are independent and endorse "masculine" characteristics such as self sufficiency, assertiveness, and competitiveness along with feminine traits (Bernard et al. 1985; Finn, 1986). In other words, "the most masculine males tend to abuse the least feminine women" (Bernard et al. 1985, p576). These authors conclude that the extent to which each member of a couple is, or is not sex-typed, could be of considerable importance in terms of mate selection, if abuse patterns are to be avoided (1985). Straus strongly states that the most basic factors leading to wifebeating are "those connected

with the sexist structure of the family and society" (1979), and that the least abuse occurs in families that take an egalitarian approach to decision making (1980). However, Brown points out that, as a result of shared roles and decision making, intimacy is increased and this can, paradoxically, result in increased conflict and risk for violence (1980). Whether the violence is the result of sexist stereotyping or because of the increased intimacy resulting from egalitarian roles, the above researchers have established that the value placed on equalitarian roles by the individual is related to interrelational violence.

Sexual Relationship

According to Makepeace, sexuality is probably the major source of conflict for dating couples and an important source of courtship violence. More males than females reported having been in situations during dating and courtship in which they inflicted various forms of sexual aggression on their partners. As with marital violence, the female was more likely to be victimized or to feel victimized than the male (Makepeace, 1981, 1986; Stets & Pirog-Good, 1989).

Religion

Another area in which researchers have reached contradictory conclusions is the relationship between religious affiliation or orientation, and interrelational

violence. Traditional religion was criticized by the earlier feminist writers as being a strong arm of the patriarchical society and therefore endorsing male supremacy and the subsequent toleration of violence against women (Dobash & Dobash, 1979; Walker, 1978). In contrast, a major finding in a study by Gelles indicated that when families where one or both spouses was agnostic, atheistic, or had no religion, there was a generally high level of violence in comparison to families which were Catholic or Protestant. No great difference was found between Catholic and Protestant couples (1974).

In 1987, Makepeace found that male abusers reported more frequent church attendance than did nonviolent males. Makepeace reasoned that offenders may use church attendance to expiate guilt. He also suggested that their church attendance may be higher because they are predisposed to violence rather than that they are more violent because of church attendance. In this same study, female victims were less frequent attenders than other females. However, Makepeace points out that there is actually a higher rate of courtship violence among those couples without religious affiliation, but with egalitarian dating values, than there is among church attenders. He concluded that in actual fact, little support exists for the patriarchical explanation of the relationship between frequent church attendance and courtship violence, and maintained that frequency in Church attendance is associated with less and

not more courtship violence (1987).

Family of Origin

The idea of the family as a training ground for violence has been expressed by many researchers. The family is the primary mechanism for teaching norms, values and techniques of violence. Empirical data tends to indicate that violent individuals grew up in violent families and were frequent victims of familial violence as children (Bandura, Ross & Ross, 1961; Goode, 1971; Straus, 1974; Straus, Gelles & Steinmetz, 1978; Turner Fenn & Cole, 1981; Kalmus, 1984).

The use of physical punishment in child rearing also contributes to an acceptance of violence and an association between love and violence. Also established is "the moral rightness of hitting other family members" as well as the principle that "when something is really important, it justifies the use of physical force". Not only will these ideas be applied in subsequent child rearing but they become so fundamental to the individual's personality and world view that they are generalized to the relationship closest to that of parent and child, namely the marital relationship as well as to other social relationships (Straus & Gelles, 1979).

Rigidity has been established as a characteristic of batterers and violent families (Coleman, 1980; Walker, 1979; Gondolf, 1985). Coleman also found that violent couples

were enmeshed and traumatically bonded (1980) as did Painter and Dutton (1985). Gelles proposed that the high level of emotional involvement which characterizes families may, in itself, explain violence between family members and that the amount of time a family spent together interacting, increases the risk of violence (1979). On the other hand, Lehr found that couples with a high degree of violence in their relationship were more disengaged than those with lower degrees or no violence (1988).

In summary, research on courtship violence has provided a portrait of the couple as being very idealistic, yet having a low level of liking for one another and experiencing some concern about each other's personality traits and habits. Such a couple has poor communication skills and ineffective strategies for conflict resolution. There is a high probability of sexual conflict with sexual aggression playing a part in the relationship. Strong, traditionally masculine traits may dominate a submissive woman, or clash with a more assertive woman who values egalitarian roles. Financial status and power may be implicated which might affect how financial decisions are reached. Religion may not be important in the traditional sense to either partner. On the other hand the male may hold traditional beliefs and the female may not. There is a high probability that the male's family of origin was violent and could be described as rigidly enmeshed, or rigidly disengaged. His family and friends may strongly

influence his violent behaviour. Also the relationship might be characterized by a good deal of isolation.

The research questions based on the above literature pertain to the usefulness of the PREPARE relationship inventory in identifying engaged couples who are experiencing violence in their relationship. Specifics of expected differences between the PREPARE results of these couples and the results of couples who are not experiencing violence will be stated at the end of Chapter III after a detailed description of the scoring process of the PREPARE inventory.

CHAPTER III

THEORETICAL FRAMEWORK AND RELATED LITERATURE: THE PREPARE-ENRICH INVENTORY

Description and History

The Prepare-Enrich inventory was developed by Olson, Fournier and Druckman in 1977, and revised in 1979. In 1981 the Prepare -MC (Marriage with Children), was developed for couples where one or both have children. Of the original 125 Prepare items, 90 were retained, 25 were revised or reworded and 23 new items were added thus becoming Prepare - MC. Prepare -MC retains Prepare's content categories. Both inventories were revised in 1986. In the present edition of both inventories used in this study, the following categories have the same questions: Idealistic Distortion, Personality Issues, Communication, Conflict Resolution, Leisure Activities, Equalitarian Roles, Religious Orientation, Family Cohesion and Family Adaptability. In the Realistic Expectations category, all but one question is different. Two questions on Financial Management are different and one on each of the categories, Sexual Relationship and Family and Friends is different. The differences exist in order to give a more reliable assessment of the category as a weakness or strength for the couple, given the consideration of existing children from a previous relationship. The average internal reliability quotient for all categories for the Prepare inventory is .71

and for the Prepare -MC inventory is .73 (Olson, Fournier & Druckman, 1986). This indicated that the questions on the categories do indeed measure that category, e.g. Sexual relationship. Therefore, since the same relationship issues are measured with equivalent reliability, it seems expedient to include both Prepare and Prepare -MC profiles in this research. This is also practical in that both inventories are used in the assessment of engaged couples. For the purposes of this study, the Prepare -MC inventories will be referred to as Prepare unless otherwise specified.

Prepare is a 125 item inventory designed to identify the strengths and problematic areas, or "growth areas", in the couple's relationship. This information is provided for eleven relationship categories (Olson, Fournier & Druckman, 1986). A short definition of the eleven relationship scales follows.

Realistic Expectations

This category assesses an individual's expectations about love, commitment and conflicts in the relationship, and the degree to which these are based on objective reflection.

Personality Issues

Items in this scale focus on such traits as: temper, moodiness, stubbornness, jealousy and possessiveness. Scores measure the individual's perception of his/her

partner with regard to behavioral issues as well as the level of satisfaction felt concerning those issues.

Communication

The individual's feelings, beliefs and attitudes toward the role of communication in the relationship are reflected in this scale. Included in this category are items regarding comfort level in sharing emotions and beliefs with one's partner. The individual's perception of personal adequacy in communicating as well as perception of the partner's mode of communication are also addressed.

Conflict Resolution

This category focuses on the openness of the partners to recognize and resolve issues. Strategies and processes used to end arguments are questioned, as is the person's satisfaction with how problems are resolved.

Financial Management

As the name implies, this category deals with attitudes and concerns about the handling of economic issues in the relationship.

Leisure Activities

The individual's preferences for the spending of leisure time is assessed by this scale. Items reflect social versus personal activities, active versus passive

interests, shared versus individual preferences, and feelings about separate and joint activities.

Sexual Relationship

This scale deals with the individual's feelings and concerns about the couple's affectional and sexual relationship. Responses reflect the level of comfort in discussion of sexual issues, satisfaction with expressions of affection, attitudes toward sexual behaviour and intercourse, as well as birth control decisions.

Children and Parenting

Items on this category focus on decisions regarding having children and the number preferred. Other issues are awareness of the impact of children on the marriage relationship, satisfaction with parental roles and responsibilities, compatibility in philosophy toward discipline of children, and shared goals and values desired for the children.

Family and Friends

This category deals with attitudes of friends and relatives toward the marriage, expectations and comfort level regarding time spent with family and friends. Also addressed are the individual's perceptions of whether or not there is a potential for conflict with regard to relationships with future in-laws and friends.

Equalitarian Roles

This category focuses on the individual's expectations regarding occupational, household, sex and parental roles.

Religious Orientation

This scale measures the importance of religion and church involvement in the relationship as well as the expected role that religious beliefs will have in the marriage.

Idealistic Distortion

The tendency of the individual to answer personal questions in a socially desirable direction is well documented in research literature. The authors of the Prepare Inventory have therefore included an Idealistic Distortion Scale which, according to Olson et al. (1983), is a modified, well validated version of Edmond's 1967 Conventionalization Scale.

Two additional categories dealing with each partner's family of origin, complete the Prepare scales. These scales are called Family Adaptability and Family Cohesion. They are based on the Circumplex Model of Marital and Family Systems which describe 16 types of family relationships, using adaptability and cohesion scales (Olson et al. 1986). The four levels of Adaptability are: rigid, structured, flexible and chaotic. Levels of cohesion are: disengaged, separated, connected and enmeshed. Central to the

Circumplex Model is the hypothesis that balanced families (moderate scores) will function more adequately than extreme families (high or low scores). This hypothesis has been tested and supported in several studies using families and couples with various emotional problems and symptoms (Olson et al., 1986). Lehr (1988) reported that high-violent married couples were more rigid on the Adaptability scale than were low violent or non-violent couples. Lehr cites Wietzman and Dreen (1982) who found violent couples to be enmeshed. In contrast, Lehr discovered an opposite trend, namely that high violent couples were significantly more disengaged in their relationship than were non-violent couples (1988).

Validation of PREPARE

An extensive validation study was completed in 1979 by Fournier. The norm group used was over 1,000 engaged couples. The background characteristics of these couples were very similar to those of premarital couples in general. There were no important differences among individuals from rural or city areas or from different religious denominations (1979).

Content Validity

Items on Prepare were specifically developed to identify potentially problematic processes in relationships. These were selected after an extensive review of literature

on relationship conflict. Items and categories were then submitted for review by practitioners who rated the relevance of the inventory for engaged and married couples (Fournier, 1979). Tests revealed that 20% of the original items lacked item discrimination. These items were either dropped or revised (Olson et al. 1986).

Construct Validity

Prepare scales were correlated with over 100 previously established scales assessing individual and marital topics. A significant relationship ($p < .01$) was found between all the Prepare scales and the Locke-Wallace Marital Adjustment Scale (1959). Correlations between the Prepare scales and corresponding scales on the Wallace Marital Adjustment scale were in the positive direction for all but one of the scales. Positive correlation coefficients ranged from .14 to .52. There was a negative correlation -.24 between the Realistic Expectation scale and the Wallace Marital Adjustment scale. Fournier states that this indicated that the more realistic an individual is in assessing relationships, the lower the overall satisfaction. He explains the importance of this by stating that the relationship between negativism or dissatisfaction can be related to "extremely realistic perceptions". In addition, significant relationships were established between Prepare scales and existing measures of relationship conflict, esteem, communication, empathy, equalitarianism,

assertiveness, temperament, cohesion and independence (Fournier, 1979).

Factor analysis revealed unique factors corresponding with all the scales, with the exception of Personality Issues and Communication. These two scales merged as one factor. Intrascale factor analysis indicated a predominant unidimensional structure for each scale. Finally when factored along with social desirability, most scales revealed a two factor solution with items from social desirability and the Prepare scales loading on separate factors (1979).

Reliability

Internal consistency reliability (alpha) averaged .70 and test-retest reliability averaged .78 (Fournier, 1979). Alpha reliability for the individual scales were as follows: Realistic Expectations, .75, Personality Issues, .74, Communication, .70, Conflict Resolution, .72, Financial Management, .67, Leisure Activities, .61, Sexual Relationship, .50, Children and Parenting, .49, Family and Friends, .70, Equalitarian Roles, .77, Religious Orientation, .82.

Prepare was revised in 1979 based on these analyses as well as suggestions from counsellors and/or ideas by the authors (Olson et al. 1986). Alpha reliability for the revised scales averaged .71 for Prepare and .73 for Prepare -MC. Test-retest Reliability for both inventories averaged

.78. Alpha reliability for the individual scales were as follows - the coefficient for Prepare -MC will be given in parenthesis.

Realistic Expectations, .73 (.69). Personality issues, .74 (.78). Communication, .74 (.77), Conflict Resolution, .72 (.75). Financial Management, .73 (.74). Leisure Activities, .63 (.64). Sexual Relationship, .60 (.60). Children and Parenting, .62 (.75), Family and Friends, .70 (.73). Equalitarian Roles, .78 (.77). Religious Orientation, .81 (.81). Family Cohesion, .70 (.70), Family Adaptability, .75 (.75).

Scoring

Prepare is computer scored and a printed profile of the couple's relationship strengths and problem or "growth" areas is provided. Each category has three scores, namely an Individual Revised (percentage) Score for each person (i.e. a male and female score), and a Positive Couple Agreement Score (PCA) also a percentage score. The individual scores generally indicate the person's level of satisfaction, or positive feelings, about the relationship with regard to that particular category. A score of 70 indicates that the individual is exactly one standard deviation above the average of all other individuals and that approximately 70% of all individuals scored less than the respondent (1979). Thus an individual score of 70 or above is considered a high individual score. A score of 30

or less is considered a low score.

Individual scores on each scale are revised according to the person's score on the Idealistic Distortion Scale, as well as the correlation between the Idealistic distortion Scale and the scale in question.

The PCA indicates the amount of couple agreement on the 10 items in each category. Depending on this score, the category is described as a relationship strength or a growth area. It is assumed that a high level of agreement between a couple indicates a Relationship Strength. Conversely a low level of agreement is considered a Growth Area. PCA scores of 80 or above indicate relationship strengths. Scores of 60 or 70 are considered to be indicative of possible relationship strengths. A PCA score of 50 indicates a possible strength or growth area. Scores of 40 and 30 indicate possible growth areas whereas a score of 20 or less would indicate a growth area.

There are some exceptions to the general rule in which individual scores indicate the level of satisfaction or positive feelings about the relationship issue being measured. On the scales, Equalitarian roles, Religious Orientation, Family Cohesion and Family Adaptability, high and low scores do not measure personal satisfaction. Rather the extremes on these categories represent different value orientations or styles of behaviour. On the Equalitarian Roles scale there is an implied bias, based on the research design of the inventory. A high individual score on this

scale (60 or above) indicates that the person values equalitarian roles, whereas a low score (30 or less) indicates that the person values traditional husband/wife roles. If both scores are high, or if both scores are low, satisfaction with role positions is indicated by a high PCA score (60 or above). If one partner scores low and the other high, disharmony is indicated and will be reflected in a low PCA score (40 or lower). On the Religious Orientation Scale, high scores reflect the more traditional view that religion is an extremely important component of marriage. Such scores result in a high PCA score. Low individual scores reflect a more individualistic and less traditional interpretation of the role of religion in the marriage relationship. Two low scores will result in a low PCA. The PCA will also be low when the couple is divided in their religious values, resulting in one high individual score and one low individual score.

On the Family Cohesion Scale, moderate scores (30 - 70) reflect a good balance of togetherness. Very high (70 or more) or very low (30 or less) reflect either too much or too little cohesion, which could be problematic. Likewise moderate scores (30 - 70) on the Family Adaptability Scale reflect a stable leadership pattern in the family of origin. Very high (70 or more) reflect instability and lack of leadership. Very low (30 or less) reflect too much rigidity and inability to change. PCA scores on the two family of origin scales are computed so that both low and high scores

can result in couple agreement (Olson et al., 1986).

Predictive Ability of Prepare

Two recent studies, one a replication, have researched the ability of Prepare to predict marital success. In 1986, Fowers and Olson, conducted a three year follow-up study with 164 couples who had taken Prepare during their engagement. Results indicated that satisfied couples scored significantly higher on the inventory than dissatisfied couples, divorced couples and couples who cancelled their marriage. It was also found that dissatisfied married couples did not differ significantly from couples who cancelled their marriage or those who divorced. Using discriminant analysis, it was found that the Prepare scores from 3 months before marriage could predict with 80 - 90% accuracy which couples were separated and divorced, from those that were happily married. These findings not only demonstrated the predictive validity of Prepare, but its potential use in identifying high risk couples who could benefit from more intensive premarital counselling. The 10 Prepare categories which most clearly discriminate between the satisfied and dissatisfied couple according to couple agreement scores were: Realistic Expectations, Personality Issues, Communication, Conflict Resolution, Leisure Activities, Sexuality, Family and Friends, and Religion. No difference between groups existed in the areas of Financial Management, Children and Parenting and Equalitarian Roles.

These results give ample support to the predictive power of Prepare scores. Premarital individual scores on all of Prepare's subscales were able to correctly predict happily married from those who end in divorce in 81% of the cases, happily from unhappily married in 79% and happily married from those who cancel marriage in 78% of the cases. When both individual and couple positive agreement scores are used for predicting successful marriages, they can correctly discriminate satisfied from dissatisfied marriages, and satisfied marriages from those who cancel in over 80% of the cases. Furthermore, these combined scores can correctly discriminate successful marriages from those which end in divorce in 91% of the cases. Couple agreement measures showed that at the time of their engagement, satisfied couples had a great deal more relationship consensus than did dissatisfied couples. This lends considerable support to the notion that marriages that are distressed within the first three years contain the seeds of that distress from the very beginning. The ability of Prepare to identify the couples at high risk of marital dissatisfaction and divorce indicates both its predictive validity and its potential for preventative work with those couples. The best predictive combination was the individual scores together with the positive couple agreement score, which correctly classified 91% of the separated/divorced couples and 93% of the highly satisfied couples (1986).

A replication of the above study was done in 1989, by

Larsen and Olson. This study further indicated the importance of the premarital period as the foundation for marriage and the ability of Prepare to identify high-risk premarital couples who could benefit from premarital counselling. This study had a larger sample size than the previous one, thus providing even more confidence in the results. The overall results of the two studies were in general agreement. Both projects indicated the importance of Realistic Expectations, Personality issues, Conflict Resolution, Communication, Leisure Activities, Family and Friends, and Religious Orientation scales in describing marital success. Both studies also failed to find any predictive validity for the Financial Management and Children and Parenting scales. In this replication, however both Equalitarian Roles and Leisure Activities were significant discriminators (1989).

This study, in combination with Fowers and Olson's (1986) results, suggests that Prepare has very good predictive validity. Both studies used longitudinal designs to predict marital status based on premarital inventory scores.

Relationship between the Prepare Inventory and Courtship Violence

Analysis of the above literature leads to certain conclusions with regard to a relationship between scores on the Prepare inventory and tendencies which characterize a

violent courtship. Assuming that courtship violence will lead to marital violence, and therefore an unsatisfactory marriage, the findings in the above studies should be true for violent couples. From the literature on courtship violence it might also be expected that violent couples will have a Prepare profile which will be distinctive from other couples, including those whose relationship is unsatisfactory but who are violence free. A summary of the literature on courtship violence and the manner in which scores on the Prepare inventory might be expected to reflect these characteristics follows.

The Idealistic Distortion scale on the Prepare Inventory measures the amount of distortion due to social desirability in the individual's item responses. As mentioned above, violent couples tend to distort reality and to depict themselves favourably and others negatively (Henton et al., 1983; Makepeace, 1981). Therefore, on this scale, high individual scores for both males and females in violent relationships might well be expected. However Cossitt's findings on the high level of idealism in all engaged couples could mean that there would be little distinction between violent and non-violent couples on the idealistic distortion scale. The Personality scale on the Prepare inventory contains items which deal specifically with jealousy, temper, domineering traits, alcohol and drugs, as well as behaviour regarded as unacceptable to the partner. The literature has shown the frequent presence of

these traits in violent relationships. Concerns about their partner's drinking problems, jealousy and negativity (Roscoe & Benaske, 1985; Renvoize, 1978; Gelles, 1980) could be expected. These, together with other general concerns about the personality traits or low liking for one another (Samios, Arias & O'Leary, 1985) by both partners would be reflected in low scores for both partners as well as a low couple score.

Henton et al. believed that communication skills and conflict resolution skills were integrated (1983). On the Prepare inventory the Communication scale deals with the comfort level of the couple in sharing feelings with one another and their ability to be open with one another. The Conflict Resolution scale also deals with the comfort level in communication when there is some conflict present. The difficulties which violent couples experience in effective communication and conflict resolution have been discussed above (Harris, 1980). These difficulties and the couple's concerns would result in low scores for both male and female partners and a low couple score for couples who are involved in interrelational violence.

The Family and Friends category of Prepare contains items which deal with the individual's concerns with regard to the influence of the partner's family and friends on the relationship. Given the strong influence on violent males by peers and family background (DeKeserdy, 1988), it seems reasonable that females in violent relationships might

indicate concern with regard to their partner's family and friends. This concern would be reflected in a low individual female score on this scale.

On the other hand, isolation from family and friends can also be a factor in such relationships (Gelles & Straus, 1980; Laner, 1983; Makepeace, 1981; Flynn, 1987). Indications of isolation might be reflected in the female's responses to the items on the Leisure Activities Scale. These items deal with amount of time spent together in leisure activities enjoyed by both partners as well as the balance of time spent alone or with others.

A great deal has been said about sexual inequality and equalitarian roles in the dynamics of courtship violence (Dobash and Dobash, 1974; Martin, 1976; Straus, 1976a & 1980; Davidson, 1978). As noted earlier, research has shown that the male tends to be rigid and to endorse traditional sex roles in marriage. On the Equalitarian scale, traditional role values are indicated by low individual scores. Therefore the individual male score would be low. If the female partner also endorsed traditional roles, as in the case of some women in violent relationships (Roy, 1977; Walker, 1979), then the individual female score would also be low. In this case the PCA or couple agreement score would be high, indicating a relationship strength because of the agreement between the couple. Conversely it has been shown that the female in such a relationship is often assertive and endorses egalitarian or " non traditional "

roles (Bernard et al., 1985; Finn, 1986). In this case, the individual female score would be high. A high individual female score combined with a low (traditional values) individual male score would result in a low couple agreement score. A third scenario is possible. Other research has found that in the case of some violent couples both partners endorse egalitarian roles. For these couples, the high intensity of involvement in sharing decision making and time spent together are factors contributing to the violence (Brown, 1980). The scores on this scale for such a couple would be as follows, high male individual score, high female individual score and high PCA score. In other words, on the Equalitarian Roles scale a violent couple could have a low individual male score and a low individual female score resulting in a high PCA score, or a low individual male score and a high individual female score resulting in a low PCA score, or a high individual male score and a high individual female score resulting in a high PCA score. With all these possible combinations it appears to be impossible to hypothesize about the individual scores or the PCA score of violent couples on the Equalitarian Role scale.

However, concerns regarding sexual inequality may well be indicated in the responses in the Financial Management category. Traditionally the male has been the sole breadwinner and controller of finances in the home. It is therefore conceivable that the violent male, who is also rigid and traditional would have difficulty in sharing

decisions with his partner with regard to finances. This would be reflected in the concern and dissatisfaction of the female and indicated by a low female score on the financial management scale.

Sexuality was seen in the literature to be the major source of conflict for dating couples and an important source of courtship violence. Males inflict various forms of sexual aggression on their partners and females are more likely to be the victims or to feel victimized (Makepeace, 1981). It would follow from this that the female might have some concerns about the sexual relationship and this would be reflected in a low female score on the Sexual Relationship scale of the Prepare Inventory. This low score would lead to a low couple score on this scale, indicating a "growth area".

The relationship between the religious orientation of the couple as indicated on the Prepare Inventory and couple violence is ambiguous. High individual scores on the inventory would indicate a traditional value placed on the importance of religious observations and practices in the marriage. Early authors indicated a strong traditional adherence to religious practices by violent males (Dobash & Dobash, 1979; Walker, 1979). Makepeace found that violent males attended church more than non abusers and that female victims attended less frequently than other females (1987). Such a couple would have a high male score, a low female score and a low couple score on the Religious Orientation

Scale. In contrast, other research related violence to a lack of religious observation or belief (Gelles, 1974) and in this case both partners would have a low score and the couple score would be low. In this present study, all the couples have some affiliation with the Catholic religion. In many cases only one partner is a member of the Catholic Church. Involvement in the Church might be minimal. On the other hand a couple may consist of two people who are strongly committed to their religous beliefs whether both are Catholic or one is of some other religion. Since the comparison of scores is within a population all of whom have at least some religious affiliation with the Catholic faith it might be difficult to draw conclusions from differences in the scores which could be generalized to other populations.

Due to the very strong influence of family background, as indicated in the literature, the likelihood of a violent male coming from a dysfunctional family is very great. Violence has been related to rigidity on the Adaptability Scale of the Circumplex Model (Lehr, 1988). This would be reflected by a low male score (under 30), on the Family Adaptability Scale of the Prepare Inventory. On the cohesion scale the male score would be outside of the moderate range, i.e. either above 70, indicating enmeshment (Weitzman and Dreen (1982), as cited by Lehr, 1988) or below 30, indicating disengagement (Lehr, 1988). If both were high, the PCA would be high. If the male score were low and

the female score were high or vice versa the PCA score would be low.

The literature does not support any significant difference on the scores in the Children and Parenting and Realistic Expectations categories between violent and nonviolent couples.

Based on the above literature review the following research questions were formulated.

1. On the Prepare Inventory, are the scores of couples who have experienced interrelational violence, significantly different from the scores of couples who have not experienced violence?
2. Do these differences result in low individual scores as defined by the Prepare Inventory and in Positive Couple Agreement scores which indicate growth or possible growth areas?
3. Is there an observable pattern of low scores on the violent couple's profile which make it possible to identify such couples?

Specific hypotheses pertaining to the research questions are generated as follows.

Hypothesis 1 relates to the first research question which asks whether or not the scores of couples who have experienced interrelational violence are significantly different from the scores of couples who have not experienced violence. Hypothesis 1 states that scores obtained on the PREPARE profiles of violent couples will be

significantly lower than the corresponding scores of noviolent couples, as indicated for the following categories;

A. On the Personality Issues category, the violent couple will score significantly lower than the nonviolent couple on all three scores,

a) the PCA score,

b) the Individual Male score and

c) the Individual Female score.

B. On the Communication category, the violent couple will score significantly lower than the nonviolent couple on all three scores,

a) the PCA score,

b) the Individual Male score and

c) the Individual Female score.

C. On the Conflict Resolution category, the violent couple will score significantly lower than the nonviolent couple on all three scores,

a) the PCA score,

b) the Individual Male score and

c) the Individual Female score.

D. On the Leisure Activities category, the violent couple will score significantly lower than the nonviolent couple on two scores,

a) the PCA score and

b) the Individual Female score.

E. On the Financial management category, the violent

couple will score significantly lower than the nonviolent couple on two scores,

a) the PCA score and

b) the Individual Female score.

F. On the Sexual Relationship category, the violent couple will score significantly lower than the nonviolent couple on two scores,

a) the PCA score and

b) the Individual Female score.

G. On the Family and Friends category, the violent couple will score significantly lower than the nonviolent couple on two scores,

a) the PCA score and

b) the Individual Female score.

H. On the Family Adaptability category, the violent couple will score significantly lower than the nonviolent couple on one score,

a) the Individual Male score.

I. On the Family Cohesion scale, the Individual Male score for the violent couple will reflect either dysfunctional enmeshment of family of origin (above 70) or dysfunctional disengagement of family of origin (below 30). This will be significantly different from the Individual Male Score of nonviolent couples.

Hypothesis 2 relates to the second research question which asks whether or not these differences result in low

individual scores as defined by the Prepare Inventory and in Positive Couple Agreement scores which indicate growth areas. Hypothesis 2 states that violent couples will obtain a) PCA scores indicative of growth or possible growth areas (less than 50) and b) individual scores which fall within the range considered low (less than 30) as indicated for the following categories:

A. On the Personality Issues category,
   a) the PCA score will indicate a growth area or possible growth area (less than 50),
   b) the Individual Male score will be low (below 30) and
   c) the Individual Female score will be low (below 30).

B. On the Communications category,
   a) the PCA score will indicate a growth area or possible growth area (less than 50),
   b) the Individual Male score will be low (below 30) and
   c) the Individual Female score will be low (below 30).

C. On the Conflict Resolution category,
   a) the PCA score will indicate a growth area or possible growth area (less than 50),
   b) the Individual Male score will be low (below 30) and
   c) the Individual Female score will be low

(below 30).

D. On the Leisure Activities category,

a) the PCA score will indicate a growth area or possible growth area (less than 50) and

b) the Individual Female score will be low (below 30).

E. On the Financial Management category,

a) the PCA score will indicate a growth area or possible growth are (less than 50) and

b) the Individual Female score will be low (below 30).

F. On the Sexual Relationship category,

a) the PCA score will indicate a growth area or possible growth area (less than 50) and

b) the Individual Female score will be low (below 30).

G. On the Family and Friends category,

a) the PCA score will indicate a growth area or possible growth area (less than 50) and

b) the Individual Female score will be low (below 30).

H. On the Family Adaptability category,

a) the Individual Male score will be low (below 30).

A graphic representation of the above hypotheses is presented below. The symbol "X" represents the scores for violent couples which were expected to be significantly

lower than the corresponding scores for nonviolent couples. These scores were also expected to fall within the low range of scores.

Category	Scores		
	Male	Female	PCA
Personality Issues	X	X	X
Communication	X	X	X
Conflict Resolution	X	X	X
Leisure Activities		X	X
Financial Management		X	X
Family and Friends		X	X
Sexual Relationship		X	X
Family Adaptability	X		

Hypothesis 3 relates to the third research question which asked whether or not there is an observable pattern of low scores on the violent couple's profile which make it possible to identify such couples. Hypothesis 3 states that a pattern of low scores will be observable on the profiles of violent couples which will facilitate the identification of these couples.

Summary

A detailed description and comprehensive review of the literature on the PREPARE Inventory has been presented in this chapter. The appropriateness of the PREPARE Inventory as a framework for examining the relationships of engaged

couples has been established. Hypotheses have been generated and stated in terms which relate to the PREPARE Inventory and courtship violence. An outline of the methodology and research procedures is provided in Chapter IV.

CHAPTER IV

METHODOLOGY AND RESEARCH PROCEDURES

As has been reported in the literature review, much of the research done on courtship violence and spouse abuse has focused on the individuals involved, their characteristics and the system in which they interact. By using the PREPARE Inventory, however, this study examined the relationship itself as experienced by the couples. Each individual score is an indication of the person's level of comfort with their own and their partner's way of dealing with that particular relationship issue. The Positive Couple Agreement score (PCA), indicates the amount of agreement or disagreement between the couple with regard to the issue. Therefore the relationship is seen from the couple's perspective.

Description of Sample

The sample for the study was 100 engaged couples who completed the PREPARE Inventory as part of the marriage preparation program put on by the Roman Catholic Archdiocese of Edmonton during the period from October 1989 to April 1990 inclusive. Thirty two of the couples were participants in the marriage preparation course put on at the Archdiocesan Pastoral Centre, 21 couples completed the course at Our Lady of Perpetual Help Parish, Sherwood Park, 36 couples were from St. Albert (two parishes) and 5 couples were from St. Charles' Parish. A further 6 couples were

clients of Catholic Social Services who had been referred by their pastor. The ages of the males ranged from 19 to 33, with the mean age being 25.49 years. The ages of the females ranged from 17 to 32 and the mean age was 23.93.

Research Instruments

In addition to the PREPARE Inventory already described in Chapter III, the Conflict Tactics Scale (CTS) was used for the purposes of dividing the couples into groups according to whether or not they had experienced interrelational violence. The CTS (Straus, 1979) is a self administered, 19 item scale, assessing behaviors that an individual might engage in during the course of conflict with one's partner. It was designed to measure the use of reasoning, verbal aggression and violence in relationships. The items k to r constitute the violence scale and were used for the nominal data in the study. Therefore, for the purposes of this study, the definition of a violent couple is one in which one or more acts of violence has taken place within the last year. An act of violence is defined as one of the following acts listed in the CTS form;

k. Threw something at the other one.

l. Pushed, grabbed, or shoved the other one.

m. Slapped the other person.

n. Kicked, bit or hit with a fist.

o. Hit or tried to hit with something.

p. Beat up the other one.

q. Threatened with a knife or gun.

r. Used a knife or gun.

However, the couples were asked to complete the entire form for the following reasons. Items on the scale start with conflict tactics which are low in coerciveness, and which most respondents value positively. The tactics described by the items, become gradually more coercive and aggressive toward the end of the list. In answering the initial items, the respondent is given a chance to first present the "correct" thing which he/she has done to resolve the conflict. This according to Straus, makes it more likely that the respondent will answer truthfully the less socially desirable items (1979).

Procedure

Counsellors who assisted in the study were given a letter of instruction. A copy of the letter is attached (Appendix C). After the counsellor had finished explaining to each couple the procedure for completion of the PREPARE Inventory, he or she handed them two identical letters of invitation to participate in the study (one for each partner), two CTS forms and an envelope. The couples were instructed to wait until they had completed the Prepare Inventory before reading the letter. This procedure was important because it ensured that the letters were read and the CTS forms completed under the same conditions that the PREPARE Inventory was completed. That is, each person was

separated from his or her partner and under the supervision of the administrating counsellor and therefore unable to compare or collaborate on answers. Those who agreed to participate were asked to sign the consent form at the end of the letter. A copy of the letter and consent form is attached (Appendix B). After completing the CTS questionnaires, the couple, still under the supervision of the counsellor, sealed the forms in the envelope provided. By sealing the completed CTS forms the couple was assured that their responses would be kept confidential from the counsellor. The sealed envelopes containing the CTS forms were forwarded to the researcher. When the results of the PREPARE Inventory had been computer scored, a copy of the complete couple profile was then forwarded to the researcher. CTS forms and PREPARE profiles were matched according to the PREPARE couple number and counsellor user number which had been written on the CTS forms by the counsellor prior to being given to the couple. An M or F at the top right hand corner of the CTS form indicated which form had been completed by the male and which by the female partner.

Results

Responses on the CTS showed that in 51 out of the 100 couples (51%) at least one partner had indicated that one or more acts of interrelational violence had take place in the past year. These couples were labelled as "Violent". As

this study is concerned with the relationship rather than the characteristics of either the abuser or victim, it was decided to include data even when only one partner indicated that he or she had been either victim or executor (or both) of the violent act or acts. The rationale for this is the assumption that whereas one partner may forget or deny the violence, this does not invalidate the experience of the other partner, and if one partner experienced violence then the relationship can be labelled violent according to the definition of violence used in this study.

Of the 51 couples, 33 indicated that both partners had engaged in at least one violent act in the past year. These couples were identified as Both Violent (BV). Fourteen of the 51 couples reported that only the female had been responsible for any violent acts between the couple. These couples were labelled Female Only Violent (FOV). Four of the 51 couples indicated that only the male had been responsible for the violent acts. These couples were labelled as Male Only Violent (MOV). Forty nine couples indicated that their relationship had been violence free during the past year and these couples were labelled Nonviolent (NV).

The first research question was in regard to the existence of significant differences in PREPARE scores between nonviolent and violent couples. The data was initially analyzed for two levels of violence, (Nonviolent, N=49. and Violent, N=51), in order to determine any

significant differences between couples who had not experienced any violence at all, and couples who had experienced some violence, irrespective of whether both partners were violent or only one partner was violent. Hypothesis 1(A through H), which related to this questions, was tested by analyzing the variance (Manova) of a) the PCA scores on all categories of PREPARE, b) the Individual Male scores on all categories and c) the Individual Female scores on all categories. Analysis of Variance of scores on the Idealistic Distortion scale was computed separately due to the fact that individual scores obtained on all the other categories are revised according to a person's Idealistic Distortion score. The results however are tabled with the other results.

The means and standard deviations of the Positive Couple Agreement (PCA) scores for all the PREPARE scales are shown in Table 1. Results of Analysis of Variance (MANOVA), shown in Table 2, obtained significant F values, (1,98)D.F. and $p < .05$ for PCA scores in the following PREPARE categories; Personality Issues ($p = .000$), Communication ($p = .000$), Conflict Resolution ($p = .003$), Leisure Activities ($p = .003$), Sexual Relationship ($p = .009$), and Family Adaptability ($p = .024$). Mean scores and standard deviation scores for Male Individual Scores on all the PREPARE categories are presented in Table 3. MANOVA results for these scores are shown in Table 4. These results indicate that significant F values (1,98)D.F., $p < .05$, were

Table 1.

Means and Standard Deviations for PCA Scores for Two Levels of Violence

	Nonviolent (N=49),		Violent (N=51)	
Variable	Means	Std.Dev.	Means	Std.Dev.
Realistic Expectations	46.74	18.30	45.49	17.92
Personality Issues	56.33	23.16	33.33	20.75
Communication	57.55	25.70	39.22	23.99
Conflict Resolution	54.69	24.59	40.59	22.13
Financial Management	45.92	28.06	37.84	24.52
Leisure Activities	56.57	21.89	45.88	19.92
Sexual Relationship	72.25	21.34	60.78	21.9
Children and Parenting	56.74	23.93	56.08	20.31
Family and Friends	64.29	22.55	58.43	20.33
Equalitarian Roles	71.43	16.96	69.22	15.21
Religious Orientation	36.74	30.92	37.45	29.52
Family Adaptability	62.04	28.06	50.2	23.54
Family Cohesion	56.33	26.04	46.28	24.82

Table 2

Univariate F-tests of PCA Scores for Two Levels of Violence

Nonviolent (N=49), Violent (N=51).

Variable	SS(H)	SS(E)	MS(H)	MS(E)	F	P
Realistic Expectations	38.70	32140.3	38.71	327.96	.12	.732
Personality Issues	13211.89	47272.11	13211.89	482.37	27.39	.000
Communication	8401.25	60474.75	8401.25	617.09	13.62	.000
Conflict Resolution	4972.24	53502.76	4972.24	545.95	9.11	.003
Financial Management	1629.58	67846.42	1629.58	692.31	2.35	.128
Leisure Activities	4023.71	42835.29	4023.71	437.10	9.21	.003
Sexual Relationship	3282.31	45821.69	3282.31	467.57	7.02	.003
Children & Parenting	10.76	48093.24	10.76	490.75	.02	.881
Family and Friends	856.49	45074.51	856.49	459.94	1.86	.181
Equalitarian Roles	122.37	25368.63	122.37	258.86	.47	.491
Religious Orientation	12.82	89446.18	12.82	912.72	.01	.911
Family Adaptability	3506.04	65293.96	3506.04	666.27	5.26	.021
Family Cohesion	2525.07	63330.93	2525.07	646.23	3.91	.051

Table 3 Means and Standard Deviation for Male Scores for Two Levels of Violence

	Nonviolent (N=49),		Violent (N=51)	
Variable	Means	Std.Dev.	Means	Std.Dev.
Idealistic Distortion	49.18	20.11	40.78	16.20
Realistic Expectations	40.71	33.53	42.92	32.45
Personality Issues	46.35	22.58	30.73	20.63
Communication	37.49	28.28	28.02	20.15
Conflict Resolution	46.02	29.66	34.98	27.29
Financial Management	54.59	36.59	46.57	32.61
Leisure Activities	59.96	30.93	43.43	32.95
Sexual Relationship	56.14	25.67	45.31	28.84
Children and Parenting	59.20	28.36	61.94	27.51
Family and Friends	48.27	22.20	37.94	23.67
Equalitarian Roles	61.53	26.40	63.16	26.36
Religious Orientation	48.02	30.14	48.41	29.42
Family Adaptability	48.16	13.53	45.10	17.34
Family Cohesion	51.90	25.35	44.51	23.01

Table 4 Univariate F-tests of Male Scores for Two Levels of Violence

Nonviolent (N=49), Violent (N=51)

Variable	SS(H)	SS(E)	MS(H)	MS(E)	F	p
Idealistic Distortion	1763.03	32535.97	1763.03	332.0	5.31	.023
Realistic Expectations	121.75	106593.69	121.75	1087.69	.11	.739
Personality Issues	6089.30	45765.26	6098.30	466.99	13.06	.000
Communications	2241.22	58677.23	2241.22	598.74	3.74	.056
Conflict Resolution	3045.83	79479.96	3045.83	811.02	3.76	.056
Financial Management	1608.65	117426.35	1608.65	1198.23	1.34	.249
Leisure Activities	6826.48	100190.43	6826.48	1022.35	6.68	.011
Sexual Relationship	2930.58	73208.98	2930.58	747.03	3.92	.05
Children & Parenting	187.22	76436.78	187.22	779.97	.24	.625
Family and Friends	2663.63	51666.38	2663.63	527.21	5.05	.027
Equalitarian Roles	66.09	68216.95	66.09	696.09	.20	.759
Religious Orientation	3.83	86859.33	3.83	886.32	.00	.948
Family Adaptability	234.80	23809.20	234.80	242.95	.97	.328
Family Cohesion	1364.08	57313.24	1364.08	584.83	2.33 df(1,98)	.130

obtained for Male Individual Scores in the following categories; Idealistic Distortion ($p = .023$), Personality Issues ($p = .000$), Leisure activities ($p = .011$), and Family and Friends ($p = .027$).

Means and standard deviations for the Female Individual scores on all PREPARE categories are presented in Table 5. MANOVA results, shown in Table 6, for these scores indicated significant F values (1,98) D.F., $p < .05$, for the following scales; Personality Issues ($p = .000$), Personality Issues ($p = .000$), Communication ($p = .000$), Conflict Resolution ($p = .000$), Financial Management ($p = .041$), and Sexual Relationship ($p = .001$).

Hypothesis 1 was supported by the above results as follows:

Hypothesis 1 (A) stated that on the Personality Issues category, violent couples would score significantly lower than nonviolent couples on all three scores (PCA, Male, Female). This was supported by the results. Hypothesis 1(B) stated that on the Communication category, violent couples would score significantly lower than nonviolent couples on all three scores (PCA, Male, Female). This was supported in part by the results which found significant differences in the PCA scores and in the Female scores. No significance was found in Male scores between the groups. Hypothesis 1(C) stated that on the Conflict Resolution category, violent couples would score significantly lower than nonviolent couples on all three

Table 5 Means and Standard Deviations for Female Scores for Two Levels of Violence

	Nonviolent (N=49),		Violent (N=51)	
Variable	Means	Std.Dev.	Means	Std.Dev.
Idealistic Distortion	48.47	21.46	43.04	14.15
Realistic Expectation	49.25	32.20	44.43	29.95
Personality Issues	60.63	24.91	35.67	24.23
Communication	51.65	30.04	29.69	24.08
Conflict Resolution	59.49	28.83	35.90	26.55
Financial Management	63.39	35.94	48.86	34.20
Leisure Activities	72.31	31.46	61.41	31.78
Sexual Relationship	62.47	26.67	43.12	28.00
Children and Parenting	70.43	21.68	65.02	24.84
Family and Friends	52.20	25.61	44.61	24.28
Equalitarian Roles	59.51	26.59	55.63	26.64
Regilious Orientation	53.06	28.94	55.08	28.97
Family Adaptability	48.16	17.40	52.61	18.16
Family Cohesion	59.84	20.71	52.53	25.93

Table 6 Univariate F-tests of Female Scores for Two Levels of Violence

Nonviolent (N=49), Violent (N=51).

Variable	SS(H)	SS(E)	MS(H)	MS(E)	F	p
Idealistic Distortion	736.87	32114.13	736.87	327.70	2.25	.137
Realistic Expectation	579.02	94635.57	579.02	965.70	.60	.441
Personality Issues	15576.28	59158.72	15576.28	603.70	25.80	.000
Communication	12058.67	72306.08	12058.67	737.82	16.34	.000
Conflict Resolution	13904.09	75144.76	13904.09	766.79	18.13	.000
Financial Management	5272.29	120507.67	5272.29	1229.67	4.29	.041
Leisure Activities	2965.99	98004.76	2965.99	1000.05	2.97	.088
Sexual Relationship	9358.50	73339.50	9358.50	748.36	12.51	.001
Children & Parenting	731.13	53426.98	731.13	545.17	1.34	.250
Family and Friends	1441.99	60952.12	1441.99	621.96	2.32	.131
Equalitarian Roles	376.74	69416.17	376.74	708.33	.53	.468
Religious Orientation	101.69	82148.50	101.69	838.25	.12	.728
Family Adaptability	493.66	31014.85	493.66	316.48	1.56	.215
Family Cohesion	1334.39	54211.4	1334.39	553.18	2.41	.124

df(1,98)

scores (PCA, Male, Female). Significant differences were found in the PCA scores and in the Female scores. This supported the hypothesis. However no significant difference was found in the Male scores between the two groups.

Hypothesis 1(D) stated that on the Leisure Activities category, violent couples would have significantly lower PCA scores and Female scores than would nonviolent couples. Results showed that violent couples scored significantly lower on the PCA score but not on the Female score.

Hypothesis 1(E) stated that on the Financial Management category, violent couples would score significantly lower than nonviolent couples on the PCA score and on the Female score. Results indicated that this was true for the Female scores but no significant difference was found in PCA scores between the two groups.

Hypothesis 1(F) stated that on the Family and Friends category, violent couples would score lower on the PCA and Female scores. Results did not support this.

Hypothesis 1(G) stated that on the Sexual Relationship category, violent couples would score significantly lower than nonviolent couples on the PCA scores and on the Female scores. Results supported this.

Hypothesis 1(H) stated that on the Family Adaptability category, the Individual Male score would be lower for violent couples than it would be for nonviolent couples. Results did not support this. A graphic representation of the results which supported Hypothesis 1 is presented below,

for the purposes of clarity. The symbol "X" represents a score which was hypothesised to be significantly lower for violent couples than for nonviolent couples. The symbol "S" indicates support for the hypothesis.

Scale	Scores		
	Male	Female	PCA
Personality Issues	XS	XS	XS
Communication	X	XS	XS
Conflict Resolution	X	XS	XS
Leisure Activities		X	XS
Financial Management		XS	X
Family and Friends		X	X
Sexual Relationship		XS	XS
Family Adaptibility	X		

Hypothesis 1 (I) had stated that the individual male score on the Family Cohesion scale would reflect either dysfunctional enmeshment of family of origin (Above 70) or dysfunctional disengagement of family of origin (Below 30). A ChiSquare test of the score frequencies on the Family Cohesion scale was computed. Results are presented in Table 7. ChiSquare (1) D.F. was equal to .022558, p = .8729 and therefore not significant with alpha = .05. These results therefore do not support Hypothesis 1(I).

The above findings demonstrate that with regard to the first research question, there are indeed significant differences between the PREPARE scores of couples who have

Table 7

Frequency of Extreme Males Scores for Two Levels of Violence on the Family Cohesive Scale using ChiSquare

Nonviolent (N=49), Violent (N=51).

1 = 0-29, 71-100, 2 = 30-70.

count Exp. Val. Row Pct. Col.Pct. Tot.Pct.	1	2	Row Total
NV	20 19.1 40.8% 51.3% 20.0%	29 29.9 59.2% 47.5% 29.0%	49 49%
V	19 19.9 37.3% 48.7% 19.0%	32 31.1 62.7% 52.5% 32.0%	51 51%
Column Total	39 39%	61 61%	100 100%

Chi-Square	D.F.	Significance	
0.02558	1	0.8729	
0.13324	1	0.7151	(Before Yates Correction)

not experienced any violence and the scores of couples who have experienced interrelaitonal violence, irrespective of whether one or both partners was responsible for the violence. The results which did not support Hypothesis 1 (A-I) will be discussed in Chapter V.

Additional findings which had not been expected indicated that violent couples had a significantly lower PCA score on Family Adaptability than nonviolent couples as well as significantly lower Individual Male scores on the Idealistic Distortion scale, the Leisure Activities scale and the Family and Friends scale. These results will be discussed in Chapter V.

A second analysis of the data was done, a) to determine significant differences between the Nonviolent group (N=49), and each of the two violent subgroups, Both Violent (N=33) and Female Only Violent (N=14), and b) to determine significant differences between the subgroups. The Male Only Violent group (N=4) was too small to be included in this second analysis and is described later in the chapter.

The means and standard deviations for the PCA scores, the Individual Male scores and the Individual Female scores for three levels of violence are presented in Tables 8,9 and 10 respectively. Corresponding results of Analysis of Variance (MANOVA), are shown in Tables 11, 12 and 13. These results were further analyzed in order to find out which groups were significantly different. Results of the Scheffe tests, shown in Tables 14 through 16, found that

Table 8 Means and Standard Deviations for PCA Scores for Three Levels of Violence

	Nonviolent,		Both Violent,		Female Only Violent	
Variable	Means	Std.Dev.	Means	Std.Dev.	Means	Std.Dev.
Realistic Expectations	46.74	18.30	41.52	18.39	52.14	15.78
Personality Issues	56.33	23.16	28.49	19.22	42.14	23.26
Communication	57.55	25.70	34.85	25.75	48.57	20.33
Conflict Resolution	54.69	24.59	36.97	21.14	48.57	25.38
Financial Management	45.92	28.06	37.27	26.13	34.29	19.10
Leisure Activities	56.57	21.89	41.82	19.11	56.43	19.85
Sexual Relationship	72.25	21.34	57.27	20.04	66.43	22.05
Children & Parenting	56.74	23.93	59.09	18.26	52.14	23.59
Family and Friends	64.29	22.55	53.94	21.79	67.14	14.37
Equalitarian Roles	71.43	16.96	68.49	14.39	65.71	15.05
Regilious Orientation	36.74	30.92	37.27	28.20	41.43	34.39
Family Adaptability	62.04	28.06	52.73	24.91	47.14	21.64
Family Cohesion	56.33	26.04	47.88	25.95	42.86	24.63
	N=49		N=33		N=14	

Table 9 Means and Standard Deviations for Male Scores for Three Levels of Violence -

	Nonviolent(N=49)		Both Violent(N=33)		Female Only Violent(N=14)	
Variable	Means	Std.Dev	Means	Std.Dev	Means	Std. Dev
Idealistic Distortion	49.18	20.11	38.18	15.80	45.71	15.42
Realistic Expectations	40.71	33.53	36.73	31.30	56.29	33.33
Personality Issues	46.35	22.58	27.36	18.76	35.21	23.54
Communication	37.49	28.28	26.94	19.36	30.21	22.59
Conflict Resolution	46.02	29.66	29.42	24.87	44.50	26.18
Financial Management	54.59	36.59	46.09	33.66	36.36	26.10
Leisure Activities	59.96	30.93	37.79	31.18	58.57	36.08
Sexual Relationship	56.14	25.67	41.46	26.79	54.07	31.92
Children & Parenting	59.20	28.36	60.06	28.37	66.14	24.95
Family and Friends	48.27	22.20	35.18	23.92	42.79	21.16
Equalitarian Roles	61.53	26.40	59.03	27.62	65.07	22.41
Religious Orientation	48.02	30.14	46.97	29.39	53.57	29.69
Family Adaptability	48.16	13.53	44.85	16.37	45.00	21.84
Family Cohesion	51.90	25.35	43.94	20.80	45.71	27.66

Table 10 Means and Standard Deviations for Female Scores for Three Levels of Violence

	Nonviolent(N=49)		Both Violent(N=33)		Female Only Violent(N=14)	
Variable	Means	Std.Dev.	Means	Std.Dev.	Means	Std.Dev.
Idealistic Distortion	48.47	21.46	42.42	13.98	45.00	16.64
Realistic Expectations	49.25	32.20	41.00	28.81	48.14	34.65
Personality Issues	60.63	24.91	31.15	23.77	46.29	24.98
Communication	51.65	30.04	28.58	25.05	34.50	22.51
Conflict Resolution	59.49	28.83	32.18	25.61	47.71	27.76
Financial Management	63.39	35.94	45.36	34.26	55.07	35.07
Leisure Activities	72.31	31.46	53.18	30.99	84.21	18.21
Sexual Relationship	62.47	26.67	38.58	28.48	51.07	24.97
Children & Parenting	70.43	21.68	66.85	22.69	64.07	29.20
Family and Friends	52.20	25.61	39.03	24.22	57.93	21.19
Equalitarian Roles	59.51	26.59	52.15	25.79	56.29	27.85
Religious Orientation	53.06	28.94	56.55	27.50	58.57	32.90
Family Adaptability	48.16	17.40	53.46	15.94	48.93	18.73
Family Cohesion	59.84	20.71	56.49	25.64	40.00	26.02

Table 11 Univariate F-tests of PCA Scores for Three Levels of Violence

Nonviolent (N=49), Both Violent (N=33), Female Only Violent (N=14)

Variable	SS(H)	SS(E)	MS(H)	MS(E)	F	p
Realistic Expectations	1211.45	30137.51	605.73	324.06	1.87	.160
Personality Issues	15391.89	44598.73	7695.95	479.56	16.05	.000
Communication	10163.83	58301.79	5081.92	626.9	8.11	.001
Conflict Resolution	6207.03	51688.81	3103.52	555.79	5.53	.005
Financial Management	2268.92	64381.08	1134.46	692.27	1.64	.200
Leisure Activities	5787.66	39812.34	2893.83	428.09	6.76	.002
Sexual Relationship	4420.97	41029.04	2210.48	441.17	5.01	.009
Children & Parenting	476.51	45385.99	238.25	488.02	.49	.615
Family and Friends	2700.37	42273.59	1350.18	454.56	2.97	.056
Equalitarian Roles	416.23	23367.1	208.12	251.26	.83	.440
Religious Orientation	245.43	86703.53	122.72	932.3	.13	.877
Family Adaptability	3197.16	63736.18	1598.58	685.34	2.33	.103
Family Cohesion	2619.82	61976.01	1309.91	666.41	1.97	.146

df(2,93)

Table 12 Univariate F-tests of Male Scores for Three Levels of Violence - Nonviolent (N=49), Both Violent (N=33), Female Only Violent (N=14) df(2,93)

Variable	SS(H)	SS(E)	MS(H)	MS(E)	F	p
Idealistic Distortion	2397.85	30501.11	1198.92	327.97	3.66	.03
Realistic Expectations	3841.34	99745.40	1920.67	1072.53	1.79	.173
Personality Issues	7252.14	42939.10	3626.07	461.71	7.85	.001
Communication	2304.76	56998.48	1152.38	612.89	1.88	.158
Conflict Resolution	5749.62	70938.54	2874.81	762.78	3.77	.027
Financial Management	4049.21	109377.78	2024.61	1176.11	1.72	.184
Leisure Activities	10372.38	93950.86	5186.19	1010.22	5.13	.008
Sexual Relationship	4430.72	67845.11	2215.36	729.52	3.04	.053
Children and Parenting	534.47	72449.55	267.22	779.03	.34	.711
Family and Friends	3376.09	47774.82	1688.04	513.71	3.29	.042
Equalitarian Roles	370.52	64400.10	185.26	692.47	.27	.766
Religious Orientation	448.53	82695.38	224.26	889.20	.25	.778
Family Adaptability	256.69	23558.94	128.34	253.32	.51	.604
Family Cohesion	1355.26	54631.23	677.63	587.43	1.15	.320

Table 13 Univariate F-tests of Female Scores for Three Levels of Violence

Nonviolent (N=49), Both Violent (N=33), Female Only Violent (N=14)

Variable	SS(H)	SS(E)	MS(H)	MS(E)	F	p
Idealistic Distortion	733.48	31966.27	366.74	343.72	1.07	.348
Realistic Expectations	1399.23	91948.78	699.61	988.67	.71	.495
Personality Issues	17212.67	55982.49	8606.33	601.96	14.30	.000
Communication	11241.74	69976.66	5620.87	752.44	7.47	.001
Conflict Resolution	14712.73	70904.01	7356.36	762.41	9.65	.000
Financial Management	6419.76	115554.20	3209.88	1242.52	2.58	.081
Leisure Activities	11808.23	82543.67	5904.12	887.57	6.65	.002
Sexual Relationship	11295.96	68189.19	5647.98	733.22	7.70	.001
Children and Parenting	541.79	50125.17	270.89	538.98	.50	.607
Family and Friends	4876.13	56089.86	2438.07	603.12	4.04	.021
Equalitarian Roles	1068.65	65299.34	534.32	702.14	.77	.470
Religious Orientation	441.20	78470.43	220.60	843.77	.26	.771
Family Adaptability	574.35	27225.80	287.18	292.75	.98	.379
Family Cohesion	4308.88	50424.94	2154.45	542.20	3.97	.022

df(2,93)

Table 14 Scheffe Test of Multiple Comparisons of PCA Scores with Significant F Values

Personality Issues

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	26.12	39.77	53.96	26.12
Req. Diff.		17.38	16.51	12.27
Obs. Diff.		13.66	14.18	27.84*
S.E.		6.98	6.64	4.93

Scheffe = 2.49; df.2,93, p < .05

Communication

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	33.40	47.12	56.10	33.40
Req. Diff.		19.87	18.88	14.03
Obs. Diff.		13.72	8.98	22.70*
S.E.		7.99	7.59	7.99

Scheffe = 2.49; df.2,93, p < .05

Table 14 contd.

Conflict Resolution

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	36.01	47.61	53.73	36.01
Req. Diff.	18.71	17.77	13.21	
Obs. Diff.	11.60	6.12	17.72*	
S.E.	7.52	7.14	5.31	

Scheffe = 2.49; df.2,93, p < .05

Leisure Activities

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	41.59	56.20	58.34	41.59
Req. Diff.	16.42	15.60	11.59	
Obs. Diff.	14.61	2.14	16.75*	
S.E.	6.60	6.27	4.66	

Scheffe = 2.49; df.2,93, p < .05

Table 14 contd.

Sexual Relationship

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	56.34	65.49	71.31	56.34
Req. Diff.	16.67	15.83	11.77	
Obs. Diff.	9.16	5.82	14.97*	
S.E.	6.70	6.37	4.73	

Scheffe = 2.49; df.2,93, p < .05

Leisure Activities

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	56.34	65.49	71.31	56.34
Req. Diff.	16.67	15.83	11.77	
Obs. Diff.	9.16	5.82	14.97*	
S.E.	6.70	6.37	4.73	

Scheffe = 2.49; df.2,93, p < .05

Table 15 Scheffe Test of Multiple Comparisons of Male Scoreswith Significant F Values

Personality Issues

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	25.47	33.32	44.46	25.47
Req. Diff.	17.05	16.20	12.04	
Obs. Diff.	7.85	11.13	18.98*	
S.E.	6.85	6.51	4.84	

Scheffe = 2.49; df.2,93, p < .05

Conflict Resolution

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	29.31	44.39	45.91	29.31
Req. Diff.	21.91	20.82	15.47	
Obs. Diff.	15.08	1.52	16.60*	
S.E.	8.81	8.37	6.22	

Scheffe = 2.49; df.2,93, p < .05

Table 15 contd.

Leisure Activities

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	37.76	58.54	59.93	37.76
Req. Diff.	25.22	23.96	17.84	
Obs. Diff.	20.78	1.39	22.71*	
S.E.	10.14	7.16	9.63	

Scheffe = 2.49; df.2,93, $p < .05$

Family and Friends

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	34.29	41.89	47.37	34.29
Req. Diff.	17.98	17.09	12.70	
Obs. Diff.	7.60	5.48	13.08*	
S.E.	7.23	6.87	5.10	

Scheffe = 2.49; df.2,93, $p < .05$

Table 15 contd.

Sexual Relationship

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	41.22	53.84	59.93	41.22
Req. Diff.	21.43	20.36	15.13	
Obs. Diff.	12.62	2.07	14.69	
S.E.	8.61	8.19	6.08	

Scheffe = 2.49; df.2,93, p < .05

Multiple Range Test - Comparison of Male Scores on Idealistic Distortion -

Levels 1 & 2 significantly different

Level 2	Freq.	(33)
	Est.Mean	38.18
Level 3	Freq.	(14)
	Est.Mean	45.71
Level 1	Freq.	(49)
	Est.Mean	49.18

Scheffe = 2.49; df.2,93, p < .05

Table 16 Scheffe Test of Multiple Comparisons of Female Scores with Significant F Values

Personality Issues

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	28.77	43.90	58.25	28.77
Req. Diff.	19.47	18.50	13.74	
Obs. Diff.	15.13	14.35	29.48*	
S.E.	7.83	7.83	5.53	

Scheffe = 2.49; df.2,93, $p < .05$

Communication

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	25.60	31.52	48.68	25.60
Req. Diff.	21.76	20.68	15.37	
Obs. Diff.	5.92	17.15	23.08*	
S.E.	8.75	8.31	6.18	

Scheffe = 2.49; df.2,93, $p < .05$

Table 16 Contd.

Family and Friends

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	40.24	59.14	53.41	40.24
Req. Diff.	19.49	18.51	13.76	
Obs. Diff.	18.90	5.72	13.17	
S.E.	7.83	7.44	5.53	

Scheffe = 2.49; df.2,93, p < .05

Sexual Relationship

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	36.69	49.18	60.58	36.69
Req. Diff.	21.48	20.14	15.17	
Obs. Diff.	12.50	11.40	23.89*	
S.E.	8.64	8.21	6.10	

Scheffe = 2.49; df.2,93, p < .05

Table 16 contd.

Conflict Resolution

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	30.26	45.79	57.57	30.26
Req. Diff.	21.91	20.82	15.47	
Obs. Diff.	15.53	11.78	27.31*	
S.E.	8.81	8.37	6.22	

Scheffe = 2.49; df.2,93, p < .05

Leisure Activities

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	55.61	86.65	74.74	55.61
Req. Diff.	23.64	22.46	16.69	
Obs. Diff.	31.03*	11.91	19.12*	
S.E.	9.50	9.03	6.71	

Scheffe = 2.49; df.2,93, p < .05

Table 16 Contd.

Family Cohesion

Level	BV	FOV	NV	BV
N=	33	14	49	33
Mean	52.80	36.32	56.15	52.80
Req. Diff.	18.48	17.55	13.04	
Obs. Diff.	16.48	19.84*	3.35	
S.E.	7.43	7.06	5.24	

Scheffe = 2.49; df.2,93, $p < .05$

significantly lower scores were obtained by Both Violent couples than were obtained by Nonviolent couples, as indicated in the following categories. Personality Issues (PCA, Male, Female), Communication (PCA, Female), Conflict Resolution (PCA, Male, Female),Leisure Activities (PCA, Female), Sexual Relationship (PCA, Female) and Family and Friends (Female). When these results are compared with the results supporting Hypothesis 1 (1-H), it can be seen that significance existed between the Nonviolent group and the Both Violent group in all instances. There was no significance between the Nonviolent group and the Female Only Violent group on these categories. A reproduction of the graphic representation shown earlier illustrates this as follows. The symbol "X" represents a score which was hypothesised to be significantly lower for the combined Violent group than for Nonviolent group. The symbol "S" indicates support for the hypothesis. The letters "BV" show the instances in which significance was found between the Both Violent and Nonviolent groups.

Scale	Scores		
	Male	Female	PCA
Personality Issues	XSBV	XSBV	XSBV
Communication	X	XSBV	XSBV
Conflict Resolution	XBV	XSBV	XSBV
Leisure Activities		XBV	XSBV
Financial Management		XS	X
Family and Friends		XBV	X

Sexual Relationship		XSBV	XSBV
Family Adaptability	X		

It is noteworthy that when comparing only the Nonviolent and Both Violent groups, some of the above results, not found in the first analysis, gave support to Hypothesis 1. Specifically, on the Conflict Resolution category, males from Both Violent couples scored significantly lower than males form Nonviolent couples, and on the Leisure Activities category and the Family and Friends category, females from Both Violent couples scored significantly lower than females from Nonviolent couples. On the other hand, no significant difference was found in Individual Female scores on Financial Management as had been found in the previous analysis. It is possible that the exclusion in the second analysis of data pertaining to the four Male Only Violent couples, as well as the effect of the Female Only Violent scores on the combined Violent group mean, accounts for these discrepancies.

Findings indicated significant differences between the female scores of the Both Violent group and the Female Only Violent group on one category, namely Leisure Activities. Females in the Both Violent group scored significantly lower than females in the Female Only Violent group.

An additional, interesting finding was that on the Family Cohesion category, females in the Female Only Violent group had significantly lower scores than the females in the Nonviolent group. This indicates that when

the female is the violent partner, she is more likely to come from a disengaged family than are females from nonviolent groups.

Results of ChiSquare tests on male scores on the Family Cohesion scale (shown in Table 17) did not support the hypothesis that males in violent relationships would be more likely to come from families with dysfunctional levels of cohesion than would males in nonviolent relationships. This was also the case when two levels of violence were considered.

Second Research Question

The second research question considered whether or not the scores of violent couples, which had been hypothesised to be significantly lower than the corresponding scores of nonviolent couples, would fall within the range of scores designated as "low" on the PREPARE profile. In order to test Hypothesis 2 which relates to this research question, the scores of each violent couple were plotted and the frequencies of low scores obtained. A sample of the 51 graphs is shown in Appendix E. The complete set can be obtained from the researcher if necessary, to examine the results. The results for the PCA scores, the Individual Male scores and the Individual Female scores, along with the corresponding mean scores, are presented in Tables 18, 19 and 20 respectively. Hypothesis 2 stated that PCA scores of violent couples, would be in the range which indicates a possible growth or growth area (Below 50) on the following

Table 17

Frequency of Extreme Male Scores for Three Levels of Violence on the Family Cohesion Scale - using Chi-Square

NV (N=49), BV (N=33), FOV (N=14).
1=0-29,71-100, 2=30-70

count Ext.Val. Row Pct. Col.Pct. Tot.Pct.	1	2	Row Total
NV	20	29	
	18.9	30.1	51.0%
	40.8%	59.2%	
	54.1%	49.2%	
	20.8%	30.2%	
BV	10	23	33
	12.7	20.3	34.4%
	30.3	69.7%	
	27.0%	39.%	
	10.4%	24.0%	
FOV	7	7	14
	5.4	8.6	14.6%
	50.0%	50.0%	
	18.9%	11.9%	
	7.3%	7.3%	
Column Total	37	59	96
	38.5%	61.5%	100.0

Chi-Square	D.F.	Significance
1.82864	2	0.4008

Table 18

PCA means for scales hypothesised to have low scores and frequencies of low scores.

Scale	Violent		Both Violent	
	Mean	% With Low Score	Mean	% With Low Score
Personality Issues	33.33	72.5	28.49	75
Communication	39.22	58.8	34.85	63.63
Conflict Resolution	40.59	54.9	36.97	60.61
Leisure Activities	45.88	50.98	41.82	63.63
Financial Management	37.84	58.8	37.27	60.61
Sexual Relationship	60.78	15.68	57.27	18.18
Family and Friends	58.43	29.41	53.94	42.42

Table 19

Individual Male means for scales hypothesised to have low scores and frequencies of low scores.

Scale	Violent		Both Violent	
	Mean	% With Low Score	Mean	% With Low Score
Personality Issues	30.73	49	27.36	60.61
Communication	28.02	62.7	26.94	63.63
Conflict Resolution	34.98	54.9	29.42	63.63

Table 20

Individual Female means for scales hypothesised to have low scores and frequencies of low scores.

Scale	Violent		Both Violent	
	Mean	% With Low Score	Mean	% With Low Score
Personality Issues	35.67	52.94	31.15	60.61
Communication	29.69	52.94	28.58	63.63
Conflict Resolution	35.90	56.9	32.18	63.63
Leisure Activities	61.41	23.52	53.18	27.27
Financial Management	48.86	35.29	45.36	39.39
Sexual Relationship	43.12	39.21	38.58	48.48
Family and Friends	44.60	35.29	39.03	36.36

categories;

Personality Issues,
Communication,
Conflict Resolution,
Leisure Activities,
Financial Management,
Family and Friends and
Sexual Relationship.

Table 18 shows that on the following categories, PCA scores obtained by violent couples were in the range which indicates that the category was a growth or possible growth area for the couple. Also, the majority of couples had low PCA scores on these categories.

Personality Issues (mean = 33.33),
Communication (mean = 39.22),
Conflict Resolution (mean = 40.59),
Leisure Activities (mean = 45.88), and
Financial Management (mean = 37.84).

As can be seen, these results support Hypothesis 2, with the exception that the PCA scores on the Family and Friends and the Sexual Relationship categories were not growth or possible growth areas for the violent couples. Earlier results had not found significance between the PCA scores of the Nonviolent and Violent groups on the Family and Friends category. Therefore the Sexual Relationship category was the only one on which PCA scores were significantly different and yet the PCA score for violent

couples did not indicate a growth or possible growth area. Hypothesis 2 had also stated that the Individual Male score obtained by violent couples would be in the range considered low for individual scores (less than 30) on the following categories;

Personality Issues,
Communication,
Conflict Resolution,
Family Adaptability.

Table 19 indicates that the only Individual Male score to fall within the "low" range (below 30) was on the Communication category (mean = 28.02). With the exception of this score, these results did not support Hypothesis 2. It is of interest that earlier results had shown that the Male score on Communication was not significantly lower for violent couples than for nonviolent couples. Hypothesis 2 stated also that the Individual Female score would be in the low range on the following categories;

Personality Issues,
Communication,
Conflict Resolution,
Leisure Activities,
Financial Management,
Family and Friends,
Sexual Relationship.

Table 20 shows that with the exception of the Female score on Communication (mean = 29.69) these results did not

support Hypothesis 2.

With regard to the second research question, the above results demonstrate that, with the exception of the Sexual Relationship category, all the other categories in which violent couples had significantly lower PCA scores than nonviolent couples were in fact growth areas or possible growth areas for those couples. However, although violent couples had significantly lower Individual Male and/or Individual Female scores than nonviolent couples on several of the PREPARE categories these Individual scores did not fall within the designated low range of scores on the PREPARE profile with the exception of the Female score on Communication.

The results of the Both Violent group (shown in Tables 18, 19 and 20), were examined in order to ascertain whether or not this group had the same growth or possible growth areas as the combined violent group. One more growth or possible growth area was found in addition to those already listed for the combined violent group. This was on the Financial Management category (PCA mean = 37.27). Results shown in Table 19 demonstrate that, on the following scales, Individual Male scores of Both Violent couples were within the low range (below 30) and over 50% or more couples had scores within that range; Personality (mean = 27.36), Communication (mean = 26.94), and Conflict Resolution (Male mean = 29.42). Again, it must be pointed out that the male score on Communication was not significantly lower than the

corresponding male score for Nonviolent couples, whereas the male scores for Both Violent couples had been found to be significantly lower on Personality Issues and Conflict Resolution. Table 20 shows that the only Individual Female low score for this group was on the Communication scale (mean = 28.58).

Third research question

The third and final research question asked was whether or not a pattern of scores existed which could help identify the violent couple. Hypothesis 3 which relates to this question, stated that a pattern of low scores would be observable on the profile of the Violent couple. To investigate this, the plotted scores of violent couples were observed. The number of couples with a series of low scores was enumerated. The results were examined in order to find a pattern of low scores on a majority of the Violent couples' profiles. Results are described in Tables 21, 22 and 23. A pattern of 6 or more low PCA scores (less than 50) was found on 58.82% of the violent couples' profiles. This means that over 50% of violent couples had 6 or more growth or possible growth areas in their relationship. The most common categories with low PCA scores were Personality Issues, Communication, Conflict Resolution, Financial Management, and Leisure Activities.

When the Individual Male scores were examined a pattern of 5 or more low Individual Male scores (less than 30) was found on 58.82 of the violent couples' profiles. The most

Table 21

Frequency of Multiple, Low PCA scores on Violent Couple Profiles

No. of Low scores	Freq.	Cum.Freq.	Cum.%
13	0	0	0
12	1	1	1.96
11	0	1	1.96
10	3	4	7.84
9	4	8	15.68
8	5	13	25.49
7	10	23	45.10
6	7	30	58.82
5	6	36	70.58
4	7	43	84.31
3	6	49	96.1
2	0	49	96.1
1	2	51	100.00
0	0	51	100.00

N=51

Table 22

Frequency of Multiple, Low Male scores on Violent Couple Profiles

No. of Low score	Freq.	Cum.Freq.	Cum.%
14	0	0	0
13	0	0	0
12	0	0	0
11	2	2	3.92
10	4	6	11.76
9	3	9	17.64
8	7	16	31.37
7	4	20	39.21
6	2	22	43.14
5	8	30	58.82
4	4	34	66.66
3	6	40	78.43
2	3	43	84.31
1	4	47	92.15
0	4	51	100.00

N=51

Table 23

Frequency of Multiple, Low Female scores on Violent Couple Profiles

No. of Low scores	Freq.	Cum.Freq.	Cum.%
14	0	0	0
13	0	0	0
12	0	0	0
11	0	0	0
10	0	0	0
9	2	2	3.92
8	3	5	9.80
7	6	11	21.56
6	3	14	27.54
5	8	22	43.14
4	11	33	64.71
3	6	39	76.47
2	9	48	94.12
1	1	49	96.07
0	2	51	100.00

N=51.

common categories to have low Male scores were Personality Issues, Communication, Conflict Resolution, Leisure Activities and Realistic Expectations. Sixty four percent of couples had 4 or more low Female scores. These scores were most frequently found on the Personality Issues, the Communication and the Conflict Resolution categories. These results suggest a discernable pattern of low scores on the profiles of violent couples which could be described as follows; The majority of violent couples had 6 or more growth or possible growth areas (PCA = less than 50), 5 or more low Individual Male scores and 4 or more low Individual Female scores on their PREPARE profile. When observations were made about the Both Violent groups (Tables 24, 25 and 26), patterns with greater numbers of low scores were discovered. Over 54% of the couples had 7 or more low PCA scores, 69.69% of the couples had 5 or more low Individual Male scores and 57.57% had 5 or more low Female scores.

A final, interesting pattern was found among the Female Only Violent group (Table 27), with 71% having 5 or more growth or possible growth areas (low PCA scores). The most frequent categories in this pattern were Personality Issues, Family Management, Family Cohesion and equal frequencies of Children and Parenting, Realistic Expectations and Family Adaptability. The above results support Hypothesis 3 which stated that patterns of low scores would be observable on the profiles of Violent couples. A brief description of the four couples labelled as Male Only Violent now follows.

Table 24

Frequency of Multiple, Low PCA scores on Both Violent Couples Profiles

No. of Low scores	Freq.	Cum.Freq.	Cum.%
13	0	0	0
12	1	1	0
11	0	1	3.03
10	3	4	12.12
9	3	7	21.21
8	3	10	30.30
7	8	18	54.54
6	3	21	63.63
5	2	23	69.69
4	5	28	84.84
3	4	32	96.96
2	0	32	96.96
1	1	33	100.00
0	0	33	100.00

N=33

Table 25

Frequency of Multiple, Low Male scores on Both Violent Couple Profiles

No. of Low scores	Freq.	Cum.Freq.	Cum.%
14	0	0	0
13	0	0	0
12	0	0	0
11	2	2	6.06
10	2	4	12.12
9	3	7	21.21
8	6	13	39.39
7	1	14	42.42
6	2	16	48.48
5	7	23	69.69
4	2	25	75.75
3	4	29	87.87
2	1	30	90.90
1	3	33	100.00
0	0	33	100.00

N=33

Table 26

Frequency of Multiple, Low Female scorers on Both Violent Couple Profiles

No. of Low scores	Freq.	Cum.Freq.	Cum.%
14	0	0	0
13	0	0	0
12	0	0	0
11	0	0	0
10	0	0	0
9	2	2	6.06
8	3	5	15.15
7	5	10	30.30
6	3	13	39.39
5	6	19	57.57
4	3	22	66.66
3	5	27	81.82
2	3	30	90.90
1	1	31	93.93
0	2	33	100.00

N=33

Table 27

Frequency of Multiple, Low PCA scores on Female Only Violent Couple Profiles

No. of Low scores	Freq.	Cum.Freq.	Cum.%
13	0	0	0
12	0	0	0
11	0	0	0
10	0	0	0
9	1	1	7.14
8	0	1	7.14
7	2	3	21.42
6	3	6	42.85
5	4	10	71.42
4	2	12	85.71
3	2	14	100.00
2	0	14	100.00
1	0	14	100.00
0	0	33	100.00

The means and standard deviations for the PCA scores, the Male Individual Scores and the Female Individual Scores are presented in Table 28. On examination of the results obtained from the Male Only Violent group, there is not enough evidence to warrant the combination of this group with either of the other two violent groups. As can be seen there is little consistency between the scores. Other observations with regard to this group show that when the Male Only Violent group was included with the Both Violent and Female Only Violent groups to form the combined Violent group (N=51), significant differences were found which were not found when this group was excluded. For example, for violent couples, the PCA means on the Family Adaptability scale, and the Individual Female Scores on Financial Management were found to be significantly lower than for nonviolent couples. However no significance was found when the Male Only Violent group was excluded and three levels of violence were considered. On the other hand significant differences were found between the Nonviolent and Both Violent groups in the Individual Male scores on the Conflict Resolution scale, in the Female Scores on the Family and Friends scale and in the female scores on Family Cohesion, when the Male Only Violent group was excluded and three levels considered. It is possible that a larger sample than the one used in this study might yield a larger Male Only Violent group with a distinctive pattern of scores on the Prepare profile.

Table 28 Means and Standard Deviations for Male Only Violent Group - N=4

	PCA		Male		Female	
Var.	Means	Std.Dev.	Means	Std.Dev.	Means	Std.Dev.
Idealistic Distortion			45.00	21.60	41.25	21.60
Realistic Expectations	55.00	12.91	47.25	31.66	59.75	19.72
Personality Issues	42.50	12.58	42.75	23.04	35.75	17.56
Communication	42.50	9.57	29.25	22.85	22.00	24.00
Conflict Resolution	42.50	12.58	47.50	43.31	25.25	21.42
Financial Management	55.00	26.46	86.25	9.71	56.00	35.62
Leisure Activities	42.50	17.08	37.00	24.59	49.50	42.34
Sexual Relationship	70.00	34.64	46.50	35.56	52.75	32.73
Children & Parenting	45.00	23.81	62.75	34.74	53.25	29.58
Family and Friends	65.00	17.32	43.75	32.54	44.00	21.21
Equalitarian Roles	87.50	12.58	90.50	8.43	82.00	17.61
Religious Orientation	25.00	25.17	42.25	34.50	30.75	18.88
Family Adaptability	40.00	16.33	47.50	8.66	58.50	33.85
Family Cohesion	45.00	19.15	45.00	29.72	63.75	13.77

Summary

This chapter presented detailed analysis of the obtained results. Results were reported and analyzed for two levels of violence, Nonviolent and Violent as well as for three levels of violence, Nonviolent, Both Violent and Female Only Violent. A description of the small Male Only Violent group completed the chapter.

The first research question asked whether or not the scores of violent couples would be significantly different from the scores of nonviolent couples on the PREPARE profile. Hypothesis 1 which related to this question was supported by results which indicated that violent couples had significantly lower scores than nonviolent couples in the following categories; Personality Issues (PCA, Male and Female), Communication, (PCA and Female), Conflict Resolution (PCA and Female), Leisure Activities (PCA), Financial Management (Female), and Sexual Relationship (PCA and Female). The second research question asked whether or not those scores which were predicted to be significantly lower for violent couples than for nonviolent couples, would fall within the range of scores considered to be low. All but one of the PCA scores of violent couples, which had been found to be significantly lower than PCA scores of nonviolent couples, fell within the range. These results supported Hypothesis 2, which related to the second research question. The one exception was the PCA scores of violent couples on the Sexual Relationship category which did not

fall within the low range. Only one individual score, the Individual Female score on the Communication scale, was within the low range (below 30). This was the only result regarding individual scores which supported hypothesis 2. The third research question asked whether or not a pattern of scores was observable on the profiles of violent couples which would facilitate the identification of such couples. Over 50% of violent couples had 6 or more low PCA scores, 5 or more low Individual Male scores and 4 or more low Individual Female scores. The most common categories with low scores were Personality Issues, Communication, Conflict Resolution, Financial Management, and Leisure Activities.

When three levels of violence were analyzed, Nonviolent, Both Violent and Female Only Violent, significant differences were found between the scores of the Nonviolent and Both Violent couples in all instances where there had been significance between the Nonviolent and combined Violent groups. There was no significance between the Nonviolent group and the Female Only Violent group on these categories. Patterns of greater numbers of low scores were observed on the profiles of Both Violent couples. A different pattern of low scores was identified among the Female Only Violent group. Another additional finding which provided information about the Female Only Violent group was that females from this group came from families characterized by less cohesion than the families of females in nonviolent relationships.

The results did not support some of the stated hypotheses. Also there were some unexpected results. These will be discussed in Chapter V.

CHAPTER V

DISCUSSION AND IMPLICATIONS

This chapter presents a summary of the conclusions, and a discussion of the implications of results presented in the previous chapter. Limitations of the study as well as suggestions for future research are presented.

The percentage of couples indicating that a violent act or acts had taken place between them in the past year seemed surprisingly high. In effect it was the majority of the couples (51%). When reported in terms of male and female violence the percentages (37% and 47% respectively) were higher than those found in couples within one month of marriage in the Arias & O'Leary study cited by Samois et al. where 35% of males and 30% of females reported being victims (1985). This could be accounted for, in part, by the breakdown of relationships and the subsequent calling off of marriages. On the other hand it could reflect an increase in courtship violence.

The emergence of three violence groups is of interest. In almost two thirds of the cases both partners had inflicted at least one violent act on the other. Of the other couples, more indicated that the female alone was responsible for the violence than indicated that the male alone was responsible. This supports research done by Stets and Straus who found that Female Only Violence was more common than Male Only Violence in dating, cohabiting and married couples (1988). Samios et al. found that 38% of

females reported being victims but 49% reported violence against their partner (1985). These results are very similar to those found in this study. It is interesting that the only distinction between the Female Only Violent group and the others found in this study is that these women came from families which were separated or disengaged in terms of cohesion. Also, the pattern of low scores on their profiles included categories which were different from the most frequent categories found in the low score pattern of the Both Violent group. Given a larger sample, other differences might have been found. A larger sample might also have produced more couples in which the male alone was responsible for the violence. The question arises as to whether or not these two groups are indeed distinctive from the Both Violent group or are merely in earlier stages of violence. Does the other partner finally retaliate, making the couple "Both Violent"? In the case of the male only violence, is the woman already too frightened to retaliate or has she discovered that she comes off worse is she does?

The purpose of this study was to determine the usefulness of the PREPARE inventory in identifying couples who have experienced interrelational violence. The first research question asked was whether or not scores on the PREPARE profiles of violent couples would be significantly different from scores on the PREPARE profiles of nonviolent couples. Results, which supported Hypothesis 1, clearly indicated that violent couples scored significantly lower than

nonviolent couples, as predicted, on the following categories of the PREPARE profile; Personality Issues, Communication, Conflict Resolution, Leisure Activities, Financial Management and Sexual Relationship. These findings are important because they demonstrate to those who conduct permarriage courses and counselling, that interrelational violence (even in some cases to a minor degree) is reflected in the scores on the PREPARE profile, which in turn is a reflection of the strength or weakness of the relationship. This will hopefully motivate facilitators to use PREPARE as well as to incorporate into their programes, material which will educate engaged couples to take seriously, those acts of violence which may seem to them to be unimportant. Such couples may then be motivated to find other ways to solve conflicts. However, knowing that scores on the profile of the violent couples are significantly lower than corresponding scores of nonviolent couples does not help in the identification of the individual violent couple from their profile, except perhaps for the most experienced of PREPARE counsellors. The second question addressed this issue in asking whether or not the significantly lower scores were in fact "low" scores according to the PREPARE definition of a low score. It was found that the PCA scores were low (less than 50%) on the following categories, Personality Issues, Communication, Conflict Resolution and Leisure Activities. This means that, not only were the PCA scores of violent couples

significantly lower than the PCA scores of nonviolent couples on these categories, but these categories were growth or possible growth areas for violent couples.

The third research question pertained to the development of patterns of low scores on the violent couples' profile which would further facilitate identification of such a couple. Patterns were observed which showed that the majority of violent couples had 6 or more growth or possible growth areas on their profile, 5 or more low Individual Male scores and 4 or more Individual Female scores. These findings suggest signs which could lead the counsellor to suspect that a couple may be experiencing courtship violence. He or she can then approach this topic with the couple in the feedback session subsequent to the completion of the Prepare Inventory. Some form of more intense counselling could be recommended for such couples.

A discussion of hypothesised results not obtained, as well as additional findings, now follows.

It was hypothesised that women in violent relationships would express concern about financial management and that this would be reflected on their individual score and on the couple agreement score. This only happened with the female scores when the Male Only Violent group was included. In the literature review in Chapter II, this hypothesis was generated on the basis that concerns with sexual inequality would be reflected by female responses on the Financial Management category. However, on the Equalitarian Roles

scale, women from violent relationships did not indicate more concerns than those from nonviolent relationships. Possibly today's young couples do not hold to the tradition of the male being the main breadwinner and therefore financial decisions are not seen as his prerogative. The other possibility is that financial problems, and the issues underlying financial power in the family, may not appear until sometime after marriage. At that time, the couple may be faced with the financial burdens of house and children, and the woman may have relinquished financial independence in order to remain at home. In other words, financial management may be a salient issue in marital violence but not in courtship violence.

It had been expected that women in violent relationships would demonstrate concern about their partner's family and friends. This was based on findings that social support motivated men to mistreat women (De Keserdy, 1988). This was found to be true for women in relationships where both were violent. An additional finding was that it was also true for men in Both Violent relationships. Perhaps difficulties in relationships with future in-laws and partner's friends may be a factor in courtship violence as it has been found to be in marital violence (Roscoe and Benaske, 1985). Despite the fact that both male and female scores were lower on this category the couple scores were not lower than couple scores for nonviolent couples. This could mean that a certain amount of agreement exists in

relation to the couple's perceptions and attitude towards their friends and families.

It was also evident that males in relationships where both partners were violent were less satisfied with the couple's leisure activities as well as their sexual relationship than males in nonviolent relationships. It had been expected that the women would be dissatisfied in these areas, mainly due to possible lack of social activities and isolation from friends and family (Laner, 1983; Makepeace, 1981; Flynn, 1987) and possibly, sexual aggression on the part of the male (Makepeace, 1981; Stets & Pirog-Good. 1989). The fact that Both Violent males and females indicated less satisfactory sexual relationships than did Nonviolent couples, supports the findings of Lane and Gwartney - Gibbs who concluded that sexuality is an important source of courtship violence (1985). Nevertheless it is interesting that while scores for violent couples were significantly lower than for nonviolent couples, the scores on this scale could not be described as low. This suggests that, although violent couples seem to be less satisfied in this area than nonviolent couples, they still perceive their sexual relationship to be a strength.

The finding that men in violent relationships have less tendency to answer in a socially desirable way, or that they idealize their relationship less than men in nonviolent relationship, seems to contradict previous findings (Arias & Beach, 1987). Yet this was the case with the analysis of

the two levels of violence as well as with the three levels of violence. However, Arias and Beach also found that desire for social desirability did not affect a person's willingness to report being a victim of violence (1987). In this present study the 33 men in the Both Violent group and the 14 men in the Female Only Violent group were victims, and therefore more willing to admit to the violent aspect of the relationship. This could explain the significant difference found between the scores of violent and the scores of nonviolent men on this scale.

Despite low scores, males in violent relationships seem to be no less comfortable with communication between themselves and their partner than males from nonviolent relationships. However the latter did not score particularly high (37.99) and in fact this was the lowest mean obtained for males from nonviolent couples. The violent males scored within the low range (26.94). Females from violent relationships, however, were decidedly less satisfied with the communication existing between the partners than females from nonviolent relationships. Perhaps discomfort with communication is a gender issue rather than a violence issue with regard to men.

The implications for practical application of this study's findings have already been mentioned with regard to education in marriage preparation programmes as well as confronting the individual couple with the seriousness of their situation. The Prepare Inventory, already well known

for its benefits in marriage preparation, is further enhanced by the findings of this study.

Limitations

The fact that all of the couples had some affiliation with the Catholic Church, through at least one of the partners, presents a limitation to this study. This could have affected the findings on the Religious Orientation category. The same research using couples with a broader spectrum of religious affiliation may have produced results which would have given clearer information with regard to the relationship between religious affiliation or commitment and courtship violence.

The omission of demographic information about the couples may seem like a limitation, but as the purpose of the study was to determine the possibility of identifying violent couples by means of their scores on the PREPARE inventory, this information, available on the profiles, was intentionally omitted from consideration in the study.

Suggestions for Further Research

Future research following this study might include a follow up, longitudinal study of the violent couples in order to find out what percentage continued the violence into their marriage and became spouse abusers. A replication of this study with a larger sample might be able to find out more about the Female Only Violent and the Male

Only Violent groups. A very compelling question remains to be answered and could foster a great deal and variety of studies. Why are so many individuals preparing to marry people whose personality traits and habits cause them concern, with whom they have difficulty communicating and seldom resolve conflicts in a satisfactory way? It does not seem to be because of a particularly satisfying sexual relationship or because they share many interests and enjoy each other's company. Added to this, or because of it they experience and inflict violence on each other. Have these men and women had such poor role models that they settle for so little in their relationships? Or are attitudes towards violence in courtship and marriage such that many still see it as acceptable? Perhaps some neurotic need is being met in the choice of partner. It may be productive if those promoting marriage preparation struggle with the answers to the above questions. Perhaps an earlier introduction, for example in High School, to some of these questions would raise young people's consciousness to the high incidence of violence in dating and courtship as well as to the unhealthiness of relationships in which violence is tolerated.

Conclusion

The present study found that couples who experienced interrelational or courtship violence can be identified using their profiles of the PREPARE inventory. Distinctive

patterns of problematic areas such as Personality Issues, Communication, Conflict Resolution and Leisure Activities make it possible to alert Prepare counsellors to the possibility that interrelational violence may have been experienced by the couple. These findings are important because it has been established in the literature that couples involved in courtship violence are at very high risk of continuing the violence in marriage. By using the Prepare Inventory in the context of marriage preparation programmes or premarital counselling it might be possible to diminish the incidence of both courtship and marital violence through education and counselling.

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COUPLE NUMBER | USER NUMBER | DATE

PREPARE was developed to help couples become more aware of their **relationship strengths** and **work areas**. PREPARE was designed to encourage couples to **discuss** their personal and relationship issues.

PREPARE has a high level of **validity**, **reliability** and **clinical utility**. However, it is **not** a test to be passed or failed and it is **not** designed to predict chances for success in marriage.

One goal of PREPARE is to help couples build their **relationship strengths** and begin resolving some of their **relationship issues**. The ultimate goal is to help couples get their marriage off to a good beginning.

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PREPARE BACKGROUND INFORMATION

AGE-YEARS		RELIGIOUS PREFERENCE		PARENTS MARITAL STATUS	
MALE	23	MALE	CATHOLIC	MALE	SEPARATED
FEMALE	23	FEMALE	CATHOLIC	FEMALE	DIVORCED ONE SINGLE
EDUCATION		**MONTHS UNTIL MARRIAGE**		**BIRTH POSITION IN FAMILY**	
MALE	SOME COLLEGE TECH	MALE	01	MALE	TWO
FEMALE	SOME COLLEGE TECH	FEMALE	01	FEMALE	FOUR
OCCUPATION		**MONTHS KNOWN PARTNER**		**NUMBER OF CHILDREN IN FAMILY**	
MALE	PROFESSIONAL	MALE	44	MALE	THREE
FEMALE	OTHER PROFESSIONAL	FEMALE	44	FEMALE	FIVE
YEARLY INCOME		**PARENTS REACTION TO MARRIAGE**		**RESIDENCE MOST OF LIFE**	
MALE	$40,000 - $49,999	MALE	VERY POSITIVE	MALE	RURAL NOT FARM
FEMALE	$10,000 - $14,999	FEMALE	POSITIVE	FEMALE	SMALL CITY TO 10000
ETHNIC BACKGROUND		**FRIENDS REACTION TO MARRIAGE**		**CURRENT RESIDENCE**	
MALE	CAUCASIAN	MALE	POSITIVE	MALE	LARGE CITY 100000+
FEMALE	CAUCASIAN	FEMALE	VERY POSITIVE	FEMALE	LARGE CITY 100000+
MARITAL STATUS		**WOMAN PREGNANT ?**		**CURRENT LIVING ARRANGEMENT**	
MALE	SINGLE,NEVER MARRIED	MALE	NO	MALE	WITH PARTNER
FEMALE	SINGLE,NEVER MARRIED	FEMALE	NO	FEMALE	WITH PARTNER

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PREPARE COUPLE PROFILE

prepare

This Couple Profile is designed to help you complete your Counselor's Feedback Form.
This is a summary of the couple's **relationship strengths** and **work areas** on PREPARE.

*Both the Male and Female in each category have been revised (corrected) based on their score on the Idealistic Distortion scale.

prepare

MALE AND FEMALE REVISED SCORES *	POSITIVE COUPLE AGREEMENT
IDEALISTIC DISTORTION MALE XXXXXXXXXX 20 FEMALE FFFFFFFFFFFFFFFFFFFFFFFFF 50	A Positive Couple Agreement score is not computed for Idealistic Distortion. The individual Male and Female scores are used to correct for idealism and produce the Revised Scores for the other categories.
HIGH SCORERS - (60 or more) are idealistic about their relationships and tend to deny or minimize any problems. LOW SCORERS - (30 or less) are more open to admitting limitations or problems in their relationship.	
REALISTIC EXPECTATIONS MALE XXXXXXXXXX 20 FEMALE FFFFFFFFFF 20	40% POSSIBLE GROWTH AREA
HIGH SCORERS - (60 or more) are realistic about the challenges and demands of marriage. LOW SCORERS - (30 or less) are unrealistic and unaware of the challenges of marriage.	
PERSONALITY ISSUES MALE XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX 65 FEMALE FFFFFFFFFFFFFFF 31	50% POSSIBLE STRENGTH OR GROWTH AREA
HIGH SCORERS - (60 or more) like the personality, behavior and habits of their partner. LOW SCORERS - (30 or less) are concerned about several personality traits or behaviors of their partner.	
COMMUNICATION MALE XXXXXXXXXXXXXXXXXXX 36 FEMALE FFFFF 10	40% POSSIBLE GROWTH AREA
HIGH SCORERS - (60 or more) feel they are understood by their partner and are able to easily resolve difference with their partner. LOW SCORERS - (30 or less) are concerned about their communication and feel unable to share their feelings with their partner.	
CONFLICT RESOLUTION MALE XXXXXXXXXXXXXXXXXXXX 40 FEMALE FFFFF 10	30% POSSIBLE GROWTH AREA
HIGH SCORERS - (60 or more) feel they are able to discuss and easily resolve differences with their partner. LOW SCORERS - (30 or less) feel that arguments are difficult to resolve, avoid disagreements, and feel they must give in to their partner.	
FINANCIAL MANAGEMENT MALE XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX 76 FEMALE FFFFFFF 14	40% POSSIBLE GROWTH AREA
HIGH SCORERS - (60 or more) have realistic plans and attitudes about their budget and agree on financial matters. LOW SCORERS - (30 or less) have not yet decided how to handle their finances and/or are concerned about their financial situation.	

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LEISURE ACTIVITIES

MALE XXXXX 10
FEMALE FFFF

PREPARE ITEM SUMMARY - ISSUES FOR DISCUSSION

EACH ITEM WAS ANSWERED ON THE 5 POINT SCALE INDICATED BELOW. MALE AND FEMALE RESPONSES WERE THEN COMPARED AND CLASSIFIED INTO ONE OF THE FOUR TYPES OF ITEMS INDICATED BELOW:

1=STRONGLY AGREE 2=AGREE 3=INDECISION 4=DISAGREE 5=STRONGLY DISAGREE

POSITIVE COUPLE AGREEMENT ITEMS - You both agree with each other in a positive way.
INDECISION ITEMS - Either you and/or your partner have not yet made a clear decision on the item.
DISAGREEMENT ITEMS - You and your partner disagree by 2 or more points on an item.
SPECIAL FOCUS ITEMS - Both you and your partner have some concern about the issue.

CATEGORY TITLES	POSITIVE COUPLE AGREEMENT	INDECISION ITEMS	DISAGREEMENT ITEMS	SPECIAL FOCUS ITEMS	RELATIONSHIP STRENGTHS OR WORK AREA
REALISTIC EXPECTATIONS	4	0	3	3	POSSIBLE GROWTH AREA
PERSONALITY ISSUES	5	0	5	0	STRENGTH OR GROWTH AREA
COMMUNICATION	4	1	4	1	POSSIBLE GROWTH AREA
CONFLICT RESOLUTION	3	0	6	1	POSSIBLE GROWTH AREA
FINANCIAL MANAGEMENT	4	0	3	3	POSSIBLE GROWTH AREA
LEISURE ACTIVITIES	4	0	5	1	POSSIBLE GROWTH AREA
SEXUAL RELATIONSHIP	8	0	1	1	STRENGTH
CHILDREN AND PARENTING	7	0	3	0	POSSIBLE STRENGTH
FAMILY AND FRIENDS	7	0	3	0	POSSIBLE STRENGTH
EQUALITARIAN ROLES	6	0	4	0	POSSIBLE STRENGTH
RELIGIOUS ORIENTATION	6	1	2	1	POSSIBLE STRENGTH
FAMILY OF ORIGIN					
FAMILY ADAPTABILITY	3	0	2	0	POSSIBLE STRENGTH
FAMILY COHESION	4	0	1	0	STRENGTH

A SUMMARY ANALYSIS BELOW PROVIDES AN OVERVIEW OF THE 13 CATEGORIES AND INDICATES HOW YOU AND YOUR PARTNER'S ANSWERS COMPARED. IT ALSO INDICATES IF THE CATEGORY IS A STRENGTH OR WORK AREA FOR YOU AS A COUPLE. THE DEFINITIONS OF STRENGTHS AND WORK AREAS ARE PROVIDED BELOW:

RELATIONSHIP STRENGTH - ..... You and your partner are very satisfied with this aspect of your relationship and you agree on most issues in this area.
POSSIBLE RELATIONSHIP STRENGTH - You and your partner are somewhat satisfied with this aspect of your relationship and agree on many issues in this area.
POSSIBLE WORK AREA - ..... You and/or your partner are somewhat dissatisfied with this aspect of your relationship and disagree on some issues in this area.
WORK AREA - ..... You and/or your partner are generally dissatisfied with this aspect of your relationship and disagree on several issues in this area.

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1=STRONGLY AGREE 2=AGREE 3=INDECISION 4=DISAGREE 5=STRONGLY DISAGREE

REALISTIC EXPECTATIONS

MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
20	20	40	POSSIBLE GROWTH AREA

RESPONSES MALE	RESPONSES FEMALE	AGREEMENT	DISAGREEMENT	INDECISION	SPECIAL FOCUS		
2	4			D		(+)	14. There are probably many people in the world with whom I could have a happy marriage.
5	4	A				(-)	19. I think we will never have problems in our marriage.
2	2				S	(-)	32. Time will resolve most of the problems that we have as a couple.
4	4	A				(-)	36. Increasing the amount of time together will automatically improve our relationship.
4	2			D		(+)	52. Some of my needs for security, support and companionship will be met by persons other than my partner.
2	2				S	(-)	53. There is nothing that could happen that would cause me to question my love for my partner.
4	4	A				(-)	82. After marriage, it will be easier to change those things about my partner I don't like.
2	2				S	(-)	88. I believe that I have already learned everything there is to know about my partner.
4	2			D		(+)	99. I expect that some romantic love will fade in my marriage.
5	4	A				(-)	113. I believe that most difficulties experienced before marriage will fade once we are married.

PERSONALITY ISSUES

MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
65	31	50	STRENGTH OR GROWTH AREA

RESPONSES MALE	RESPONSES FEMALE	AGREEMENT	DISAGREEMENT	INDECISION	SPECIAL FOCUS		
5	4	A				(-)	8. There are times when I am bothered by my partner's jealousy.
5	4	A				(-)	13. Sometimes I am concerned about my partner's temper.
4	2			D		(-)	24. At times, I am concerned that my partner appears to be unhappy and withdrawn.
4	4	A				(-)	30. My partner should smoke, drink or use drugs less often.
4	4	A				(-)	37. At times, my partner is not dependable or does not always follow through on things.
2	4			D		(-)	44. When we are with others, I am sometimes upset with my partner's behavior.
4	2			D		(-)	63. Sometimes my partner is too stubborn.
2	4			D		(-)	78. My partner is often critical or has a negative outlook.
4	4	A				(-)	95. Sometimes I have difficulty dealing with my partner's moodiness.
5	2			D		(-)	115. At times I think my partner is too domineering.

COMMUNICATION

MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
36	10	40	POSSIBLE GROWTH AREA

RESPONSES MALE	RESPONSES FEMALE	AGREEMENT	DISAGREEMENT	INDECISION	SPECIAL FOCUS		
2	2	A				(+)	2. It is very easy for me to express all my true feelings to my partner.
5	4	A				(-)	6. When we are having a problem, my partner often gives me the silent treatment.
4	2			D		(-)	40. My partner sometimes makes comments which put me down.
4	2			D		(-)	54. I am sometimes afraid to ask my partner for what I want.
4	2			D		(-)	66. I wish my partner was more willing to share his/her feelings with me.
4	4	A				(-)	73. Sometimes I have trouble believing everything my partner tells me.
2	4			D		(-)	81. Sometimes my partner does not understand how I feel.
2	2	A				(+)	91. I am very satisfied with how my partner and I talk with each other.
2	2				S	(-)	98. I do not always share negative feelings with my partner because I am afraid she/he will get angry.
2	3		I			(+)	109. My partner is always a good listener.

POSITIVE COUPLE AGREEMENT: Couple agrees with each other in a positive way.
DISAGREEMENT: Couple disagrees by 2 or more points on an item.
INDECISION: One or both individuals have not yet made a clear decision on this item.
SPECIAL FOCUS: Both individuals have some concern about the issues.

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CONFLICT RESOLUTION

RESPONSES MALE	RESPONSES FEMALE	AGREEMENT	INDECISION	DISAGREEMENT	SPECIAL FOCUS		
4	2			D		(-)	4. In order to end an argument, I usually give in too quickly.
4	4	A				(-)	10. My partner and I have different ideas about the best way to solve our disagreements.
1	4			D		(+)	39. When discussing problems, my partner always understands my opinions and ideas.
1	2	A				(+)	58. When we are having a problem, I can always tell my partner what is bothering me.
2	2				S	(-)	71. Sometimes we have serious disputes over unimportant issues.
1	4			D		(-)	74. I go out of my way to avoid conflict with my partner.
4	2			D		(-)	79. At times I feel some of our differences never seem to get resolved.
4	4	A				(-)	83. To avoid hurting my partner's feelings during an argument, I tend not to say anything.
4	2			D		(-)	96. At times, my partner does not take our disagreements seriously.
2	4			D		(-)	112. When we argue, I usually end up feeling responsible for the problem.

MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
40	10	30	POSSIBLE GROWTH AREA

FINANCIAL MANAGEMENT

RESPONSES MALE	RESPONSES FEMALE	AGREEMENT	INDECISION	DISAGREEMENT	SPECIAL FOCUS		
4	2			D		(-)	16. Sometimes I wish my partner was more careful in spending money.
2	2				S	(-)	20. We do not have a specific plan for how much money we can spend each month.
4	2			D		(-)	26. We still have to decide how to handle our finances.
2	2	A				(+)	38. I am satisfied with our decisions about how much we should save.
2	2	A				(+)	45. We have figured out exactly what our financial position will be after we marry.
5	2			D		(-)	51. I have some concerns about whether our income will be sufficient.
5	5	A				(-)	77. One of us has unpaid bills which causes me concern.
1	2				S	(-)	85. Deciding what is most important to spend our money on is sometimes a problem.
4	4				S	(+)	93. We always agree on how to spend our money.
4	4	A				(-)	110. I have some concern about who will be most responsible for our money.

MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
76	14	40	POSSIBLE GROWTH AREA

LEISURE ACTIVITIES

RESPONSES MALE	RESPONSES FEMALE	AGREEMENT	INDECISION	DISAGREEMENT	SPECIAL FOCUS		
4	4	A				(-)	1. I sometimes feel pressured to participate in activities that my partner enjoys.
2	4			D		(-)	17. I wish my partner would have more time and energy for recreation with me.
2	2				S	(-)	18. I'd rather do almost anything than spend an evening by myself.
1	5			D		(-)	28. I am concerned that my partner does not have enough interests or hobbies.
4	2			D		(+)	31. My partner and I enjoy all the same social or recreational activities.
4	4	A				(-)	33. My idea of a good time is different than my partner's.
4	2			D		(+)	60. We never have concerns about the types of T.V. programs or the time spent watching television.
4	2			D		(+)	72. I like the amount of time and leisure activities my partner and I share.
5	4	A				(-)	84. I do not have much fun unless I am with my partner.
2	2	A				(+)	114. My partner and I have a good balance of leisure time together and separately.

MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
10	90	40	POSSIBLE GROWTH AREA

POSITIVE COUPLE AGREEMENT: Couple agrees with each other in a positive way.
DISAGREEMENT: Couple disagrees by 2 or more points on an item.
INDECISION: One or both individuals have not yet made a clear decision on this item.
SPECIAL FOCUS: Both individuals have some concern about the issues.

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SEXUAL RELATIONSHIP

MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
72	21	80	RELATIONSHIP STRENGTH

MALE	FEMALE	AGREEMENT	DISAGREEMENT	INDECISION	SPECIAL FOCUS		
1	2	A				(+)	9. I am completely satisfied with the amount of affection my partner gives me.
1	2	A				(+)	15. I would be willing to try almost any sexual activities my partner would like to do.
4	2			D		(-)	25. I feel uncomfortable about being seen nude by my partner.
2	2	A				(+)	41. It is very easy for me to talk with my partner about sexual issues.
4	4	A				(-)	47. My partner is not very knowledgeable about sexual topics, issues and behaviors.
4	4				S	(+)	62. My partner and I freely talk about our sexual expectations and interests.
4	4	A				(-)	69. I am sometimes reluctant to be affectionate with my partner because it is often interpreted as a sexual advance.
4	4	A				(-)	106. Sometimes I am concerned that my partner's interest in sex is not the same as mine.
1	2	A				(+)	107. I am sure about the best methods of family planning or birth control for us.
4	4	A				(-)	111. I believe my partner may be too interested in sex.

CHILDREN AND PARENTING

MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
96	58	70	POSSIBLE STRENGTH

MALE	FEMALE	AGREEMENT	DISAGREEMENT	INDECISION	SPECIAL FOCUS		
1	4		D			(+)	5. We have discussed the responsibilities of a father in raising children.
2	4		D			(+)	21. We have discussed the responsibilities of a mother in raising children.
2	2	A				(+)	35. We have discussed and agreed on how our children should be disciplined.
1	2	A				(+)	49. I think having children will dramatically change the way we live.
1	2	A				(+)	50. We agree on the number of children we would like to have.
2	4		D			(+)	59. Having children will probably put additional strain on our relationship as a couple.
2	2	A				(+)	67. I have shared all my feelings about having children with my partner.
1	2	A				(+)	87. My partner and I agree on the religious education for our children.
1	2	A				(+)	94. My partner seems good with children and will be a very good parent.
2	2	A				(+)	102. Both of our families raised their children in similar ways.

FAMILY AND FRIENDS

MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
29	52	70	POSSIBLE STRENGTH

MALE	FEMALE	AGREEMENT	DISAGREEMENT	INDECISION	SPECIAL FOCUS		
5	4	A				(-)	7. Some relatives or friends have concerns about our marriage.
5	2		D			(+)	27. My family fully accepts me as an adult.
4	4	A				(-)	48. I think my partner is too involved with or influenced by his/her family.
5	4	A				(-)	57. I do not enjoy spending time with some of my future relatives or in-laws.
4	2		D			(+)	68. My partner likes all of my friends.
4	4	A				(-)	86. Sometimes my partner spends too much time with friends.
4	4	A				(-)	90. I am worried that accepting financial assistance or advice from our families will present a problem for us.
5	4	A				(-)	92. I am worried that one of our families may cause troubles in our marriage.
2	2	A				(+)	103. I really enjoy being with all of my partner's friends.
2	4		D			(-)	108. I have concerns when my partner spends time with friends or co-workers of the opposite sex.

POSITIVE COUPLE AGREEMENT: Couple agreed with each other in a positive way.
DISAGREEMENT: Couple disagreed by 3 or more points on an item.
INDECISION: One or both individuals have not yet made a clear decision on this item.
SPECIAL FOCUS: Both individuals have some concern about the issues.

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EQUALITARIAN ROLE

MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
22	33	60	POSSIBLE STRENGTH

RESPONSES MALE	RESPONSES FEMALE	AGREEMENT	INDECISION	DISAGREEMENT	SPECIAL FOCUS		
4	4	A				(-)	12. I believe the woman's place is basically in the home.
4	2			D		(+)	23. If both of us are working, the husband should do the same amount of household chores as the wife.
1	4			D		(-)	29. It is more important that the husband be satisfied with his job because his income is more important to the family.
1	2	A				(+)	43. In our marriage, the husband should be as willing to adjust as the wife.
2	4			D		(-)	55. Even if the wife works outside the home, she should still be responsible for running the household.
1	2	A				(-)	61. The wife should trust and accept the husband's judgements on important issues.
4	1			D		(-)	75. The husband's occupation should be first priority in determining where we live.
5	4	A				(-)	80. If there are (were) young children the wife should not work outside the home.
2	2	A				(+)	97. Both of us should jointly agree on all important decisions.
1	2	A				(+)	105. In our marriage, the wife will be encouraged to work outside the home.

RELIGIOUS ORIENTATION

MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
75	46	60	POSSIBLE STRENGTH

RESPONSES MALE	RESPONSES FEMALE	AGREEMENT	INDECISION	DISAGREEMENT	SPECIAL FOCUS		
4	4	A				(-)	3. It is hard for me to have complete faith in some of the accepted teachings of my religion.
2	2	A				(+)	11. Religion has the same meaning for both of us.
2	3		I			(+)	22. Sharing religious values helps our relationship grow.
2	2	A				(+)	46. My religious beliefs are an important part of the commitment I have to my partner.
4	4	A				(-)	56. My partner and I disagree on how to practice our religious beliefs.
4	4				S	(+)	65. It is important for me to pray with my partner.
2	4			D		(+)	76. I believe that our marriage should include active religious involvement.
2	2	A				(+)	89. In loving my partner, I feel that I am able to better understand the concept that God is love.
4	4	A				(-)	100. My partner and I disagree about some of the teachings of my religion.
2	4			D		(+)	104. My partner and I feel closer because of our religious beliefs.

POSITIVE COUPLE AGREEMENT: Couple agrees with each other in a positive way. INDECISION: One or both individuals have not yet made a clear decision on this item.
DISAGREEMENT: Couple disagrees by 2 or more points on an item. SPECIAL FOCUS: Both individuals have some concern about the issues.

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Please continue on next page

1=ALMOST NEVER 2=ONCE IN A WHILE 3=SOMETIMES 4=FREQUENTLY 5=ALMOST ALWAYS

FAMILY ADAPTABILITY (Family of Origin)

RESPONSES MALE	RESPONSES FEMALE	AGREEMENT	INDECISION	DISAGREEMENT	SPECIAL FOCUS		MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
							70	60	60	POSSIBLE STRENGTH
						FLEXIBLE			FLEXIBLE	
2	4			D		(+) 117. Different persons acted as leaders in our family.				
3	3	A				(+) 119. Our family changed its way of handling tasks.				
3	2	A				(+) 121. Rules changed in our family.				
4	2			D		(+) 123. We shifted household responsibilities from person to person.				
4	3	A				(+) 125. It was hard to identify the leader(s) in our family.				

FAMILY COHESION (Family of Origin)

RESPONSES MALE	RESPONSES FEMALE	AGREEMENT	INDECISION	DISAGREEMENT	SPECIAL FOCUS		MALE %	FEMALE %	POSITIVE COUPLE %	RELATIONSHIP STRENGTH OR WORK AREA
							35	35	60	RELATIONSHIP STRENGTH
						SEPARATED			SEPARATED	
3	4	A				(+) 116. Family members asked each other for help.				
2	3	A				(+) 118. Family members liked to spend free time with each other.				
5	3			D		(+) 120. Family members felt very close to each other.				
3	3	A				(+) 122. Family members consulted other family members on their decisions.				
2	2	A				(+) 124. Family togetherness was very important.				

COUPLE AGREEMENT: Couple agrees with each other within 1 point.
DISAGREEMENT: Couple disagrees by 2 or more points on an item.

INDECISION: Not relevant for Family of Origin scales.
SPECIAL FOCUS: Both individuals answered in an extreme direction.

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PREmarital Preparation And Relationship Evaluation

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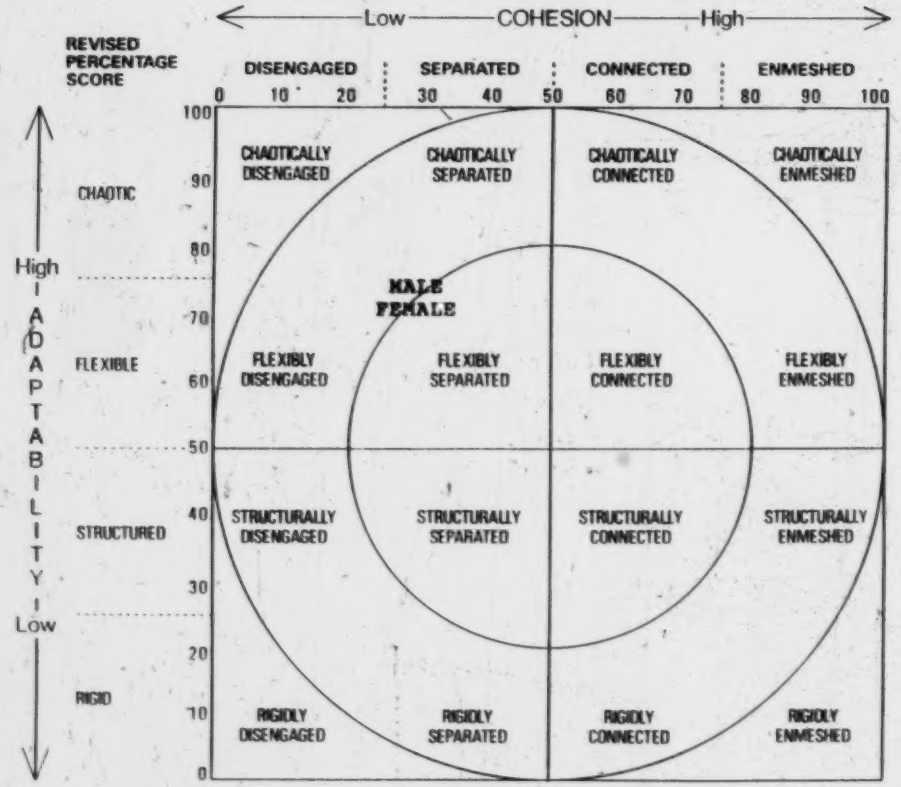
P.O. BOX 190
MINNEAPOLIS, MN 55440

FAMILY OF ORIGIN
BASED ON THE CIRCUMPLEX MODEL



(M) = Male's Family of Origin (F) = Female's Family of Origin

REFER TO THE FAMILY OF ORIGIN SECTION IN THE BUILDING A STRONG MARRIAGE BOOKLET PG. 17 FOR HOW TO SHARE THIS INFORMATION WITH A COUPLE

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APPENDIX B

Letter to Couples and Consent Form

Dear Engaged Couple,

You have just completed the Prepare Questionnaire. This is a well researched, valid and reliable inventory which has been shown to have helped many couples in developing and improving their relationship. Research on such an inventory is ongoing, and this letter is a request for your cooperation in a study presently being carried out as part of a Master's program in Counselling Psychology, under the supervision of Dr. Len Stewin, at the University of Alberta. The purpose of this research is to study the tactics used by today's engaged couples to resolve conflict in their relationships and to determine how well the Prepare inventory reflects this.

Your cooperation involves filling out the added questionnaire called the Conflict Tactics Scale. This should require only about 10 minutes of your time. Your answers on this questionnaire will then be studied along with the results of the Prepare Inventory. Please be assured that your participation in this research will be ABSOLUTELY ANONYMOUS. Your counsellor has already explained to you that your Prepare answer sheets are identified only by a couple number assigned to you. Therefore the researcher has no way of knowing your name or anything else that would identify you. The Conflict Tactics Scale also

has a number which corresponds to your couple number. Your counsellor will not see the results of this questionnaire. You are asked to place the completed Conflict Tactics Scale in the envelope provided and to seal it before placing it in the box provided. These steps have been taken to assure you that you are free to answer the questions with complete honesty without fear of being identified in any way. As you can appreciate, complete honesty is required in order to make the research valid.

Please follow the following steps in completing the Conflict Tactics Scale.

1. Make sure you are completing the appropriate form according to your sex. (Each form has either an M or F at the top right hand corner).
2. Read the instructions at the top of the Conflict Tactics Scales carefully.
3. Complete the form, and together with you partner's form place it in the envelope provided. Seal the envelope and place it in the box or give it to your counsellor to mail.

Your participation in this research is purely voluntary and you may withdraw at any time. The information provided by you will not be forwarded to me unless you sign the consent form following this letter. This will be kept separate from the questionnaires and will not jeopardise the

anonymity of your responses. Each partner must complete his/her own consent form. Return these letters and consent forms to the person administering the Prepare Inventory.

Thank you sincerely for your cooperation in this important research. Hopefully you will find the Prepare Feedback Session as well as the rest of the program to be interesting and beneficial.

May you have a beautiful wedding day and a very happy marriage.

Your sincerely,

Catherine Dunn

CONSENT AND AUTHORIZATION FORM

I have read the above letter and agree to take part in the research described. I understand that my responses on both the Conflict Tactics Scale and the Prepare Inventory will be analyzed. I also understand that neither questionnaire will be identifiable by the researcher as mine or my partner's. Under these conditions I authorize that the information provided by the above questionnaires be released to Catherine Dunn for the purposes of this research.

Signed:_____

Catherine Dunn MEd. Student,

Len Stewin PhD. Supervisor,

Department of Educational Psychology

University of Alberta.

APPENDIX C

Letter of Instruction to Counsellors

Dear Counsellor,

This letter is a request for your cooperation in research pertaining to the Prepare Inventory. The purpose of this research is to study the effectiveness of Prepare in truly reflecting the strategies used by engaged couples to resolve conflict.

The method of collecting data for this research requires that the couple complete an added questionaire, namely the Conflict Tactics Scale. This should take about 10 minustes of their time. The results of this scale will be correlated with the couple's Prepare profile. This requires that the profile or a copy of it be made available to me after the feedback session. Your participation in this research requires the following:

1. When you are completing the counsellor portion of the Prepare answer sheets prior to meeting with the couple, please enter your Prepare user number and the couple number at the top of both Conflict Tactics Scale forms. Place a P or PMC after the number to indicate which inventory was used.
2. When you have finished giving instructions for the Prepare Inventory and the couple are ready to complete the Prepare answer sheet, present them with the couple

letter of invitation to participate. Tell them that you have been requested to invite them to participate in this research and that it should only take about 10 minutes. There is no need to elaborate on this as particulars of the research and instructions are contained in the couple letter.

3. Please give any asked for clarification of vocabulary or instructions. You may be questioned with regard to the procedure used for maintaining anonymity. In this case please go over the procedure outlined in the letter and emphasize strongly that the rules of confidentiality prevent you from releasing the couple's name to anyone, including the researcher. Also you might want to add that you yourself will not have access to the results of the Conflict Tactics Scale and point out that this means that no one involved in this research or in the marriage preparation course will be able to identify the names of the respondents.

4. It might also be helpful to remind them to check the sex designation at the top right hand corner of the form.

5. Please do not discuss the research with the couple. Advise them that you know only as much as they do. If they have concerns you can refer them to the director of the Catholic Centre. However if their concerns seem unresolvable remind them that participation is purely voluntary and that they are under no duress whatever to cooperate.

6. Please collect from the couple the letters of instruction which includes a consent form. Check that both have signed this. Please make a note of the number of couples refusing to participate and if possible their main objection. This will be used as reference in any consideration of method modification of the research. There is no need to formally report this. It can be done on an informal basis by telephone at the end of the study.

7. Please make a personal note of the couples who have agreed to participate and forward their Prepare Profile to me on completion of the feedback session. The Profile may be left at the Catholic Centre for me or mailed to me at the above address.

Your cooperation in this project is greatly appreciated. Should you have any concerns with regard to the procedure please call me. You may also want to check with Jan Morin at the Catholic Centre if you have any concerns.

Your sincerely,

Catherine Dunn

Couple #:

User #:

CONFLICT TACTICS SCALE

No matter how well a couple gets along, there are times when they disagree on major decisions, get annoyed about something the other person does, or just have spats or fights because they're in a bad mood or tired or for some other reason. They also use many different ways of trying to settle their differences. Below is a list of some things that you or your spouse/partner might have done when you had a fight and we would like you to circle for each one, how often you did it in the past year.

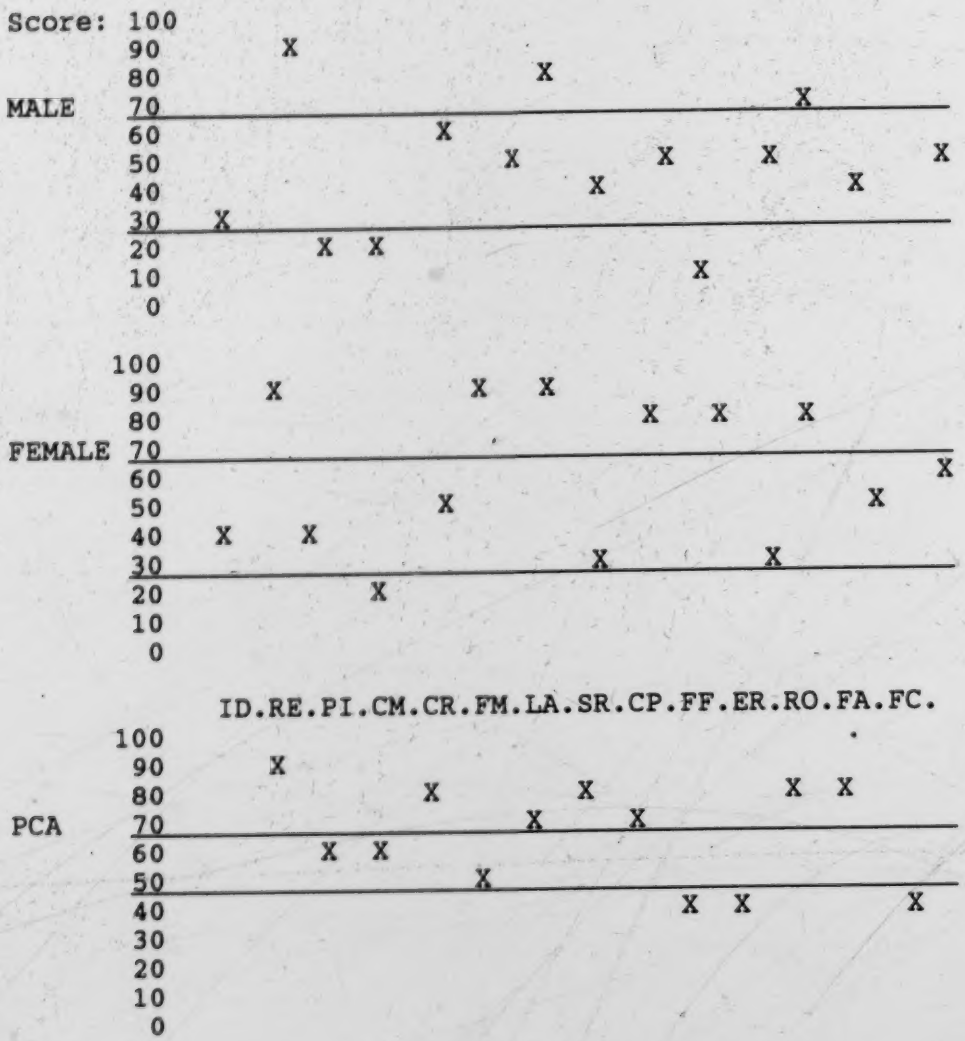
	Respondant in the past year	Spouse/Partner in the past year	Ever happened
	0 Never 1 Once 2 Twice 3 3-5 Times 4 6-10 Times 5 11-20 Times 6 More Than 20 X Don't Know	0 Never 1 Once 2 Twice 3 3-5 Times 4 6-10 Times 5 11-20 Times 6 More Than 20 X Don't Know	1 Yes 2 No X Don't Know
a. Discussed the issue calmly.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
b. Got information to back up (his/her) side of things.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
c. Brought in or tried to to bring in someone to help settle things.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
d. Insulted or swore at the other one,	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
e. Sulked and/or refused to talk about it.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
f. Stomped out of the room or house (or yard).	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X

g.	Cried.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
h.	Did or said something to spite the other one.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
i.	Threatened to hit or throw something at the other one.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
j.	Threw or smashed or hit or kicked something.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
k.	Threw something at the other one.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
l.	Pushed, grabbed, or shoved the other one.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
m.	Slapped the other person.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
n.	Kicked, bit or hit with something.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
o.	Hit or tried to hit with something.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
p.	Beat up the other one.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
q.	Threatened with a knife or gun.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
r.	Used a knife or gun.	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X
s.	Other:_____	0 1 2 3 4 5 6 X	0 1 2 3 4 5 6 X	1 2 X

And what about your (spouse/partner)? How often he/she (item) in the past year.
FOR EACH ITEM CIRCLED EITHER "Never" OR "Don't Know"
Did you or your (spouse/partner) ever (item)?

APPENDIX E

Sample Graph of Scores of Violent Couple

Couple # Level of Violence = Both Violent

Variable: ID.RE.PI.CM.CR.FM.LA.SR.CP.FF.ER.RO.FA.FC.